

swanson.com
or call 1-800-437-4148

- Provides daily brain nourishment
- Defends against age-related cognitive decline
- Helps maintain healthy memory and cognitive function

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one softgel one to two times per day with food and water.

Romega® is a registered trademark of Arctic Nutrition AS, Ostra, Norway.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication, especially blood-thinning medication, or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place. Do not refrigerate.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Romega® Cognition Complex

Memory and Brain Support

600 mg per softgel

DIETARY SUPPLEMENT | 60 SOFTGELS

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	5	
Total Fat	0.5 g	<1%†
Cholesterol	20 mg	7%
Choline (from Romega®)**	20 mg	4%
Romega® 30 Premium [herring roe extract (<i>Clupea harengus</i>) and fish oil (anchovy, sardines)]	600 mg	*
Providing Minimum:		
Total Omega-3 Fatty Acids	250 mg	*
DHA (docosahexaenoic acid)	175 mg	*
EPA (eicosapentaenoic acid)	52 mg	*
Total Phospholipids	175 mg	*
Astaxanthin (<i>Haematococcus pluvialis</i>) (whole)	324 mcg	*

†Percent Daily Values are based on a 2,000 calorie diet.

*Daily Value not established.

**Typical Analysis. Nutrients are naturally occurring.

Other ingredients: Gelatin, glycerin, purified (deionized) water, natural mixed tocopherols.

Contains fish (anchovy, sardines).

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Farjo, ND 58104 USA • 1-800-437-4148

MADE IN CANADA

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