

Swanson® EFA's

SUPERIOR ESSENTIAL FATTY ACIDS

ΩMEGA TRU®

MultiOmega 3-6-9 (Flax, Borage, Fish)

Dietary Supplement

240 softgels



• DO NOT USE IF SEAL IS BROKEN • KEEP OUT OF REACH OF CHILDREN
• STORE IN A COOL, DRY PLACE. DO NOT REFRIGERATE.

SUGGESTED USE: As a dietary supplement, take two softgels two to three times per day with water and food.

WARNING: Consult your healthcare provider before use if you are taking a blood-thinning medication.

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 120

	Amount Per Serving	% Daily Value
Calories	25	
Calories from Fat	20	
Total Fat	2 grams	3%†
Cholesterol	5 mg	1%†
Protein	<1 gram	
Vitamin E (from mixed tocopherols)	20 IU	67%
Borage Oil (GMO free)		
Typical Fatty Acid Profile:	800 mg	*
Omega-6—Linoleic Acid 30–40%		
Omega-6—GLA (gamma-linolenic acid) 19–26%		
Omega-9—Oleic Acid 12–18%		
Fish Oil 18/12 (GMO free)		
Typical Fatty Acid Profile:	800 mg	*
Omega-3—EPA (eicosapentaenoic acid) 12–22%		
Omega-3—DHA (docosahexaenoic acid) 10–14%		
Flax Oil (GMO free)		
Typical Fatty Acid Profile:	800 mg	*
Omega-3—ALA (alpha-linolenic acid) 40–60%		
Omega-6—Linoleic Acid 12–18%		
Omega-9—Oleic Acid 12–18%		

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

*Daily Value not established.

Other Ingredients: Gelatin, glycerin, purified water.

PRODUCT OF CANADA

DISTRIBUTED BY SWANSON HEALTH PRODUCTS • PO Box 2600 • Fargo, ND 58106 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com

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Solvent free.



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