

swansonvitamins.com

or call 1-800-437-4148



SWANSON®

# Plant Based Omega-3

EPA + DHA FROM ALGAE

Heart and Brain Health

FEATURING *life's™* OMEGA

DIETARY SUPPLEMENT | 120 VEGGIE SOFTGELS

- 100% Vegan & Non-GMO algal oil
- Sustainably Sourced from Renewable Plants
- Naturally Free from Contaminants

Science-Backed Quality Since 1969

**Suggested use:** As a dietary supplement, take two veggie softgels per day with food and water.



*life's™* OMEGA is a trademark of DSM.



**WARNING:** For adults only. Consult healthcare provider if you are pregnant or nursing, taking medication, or if you have a medical condition.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## Supplement Facts

Serving Size 2 Veggie Softgels  
Servings Per Container 60

Amount Per Serving	% Daily Value	
Calories	10	
Total Fat	1 g	1%†
Total Omega-3 Fatty Acids	600 mg	*
DHA (docosahexaenoic acid)	360 mg	*
EPA (eicosapentaenoic acid)	180 mg	*

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

\*Daily Value not established.

Other ingredients: Algal oil (*Schizochytrium sp.*), purified water, high oleic sunflower oil, modified cornstarch, glycerin, sorbitol, caramel color, carrageenan, tocopherols, natural flavor, sunflower lecithin, beta carotene (color), ascorbyl palmitate.

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