

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

- Provides high-concentration of the omega-3 alpha-linolenic acid
 - May support cardiovascular health
 - Promotes healthy skin
- Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take 1–2 tablespoonfuls daily with food.

OmegaTru® is a registered trademark of Swanson Health Products.

WARNING: For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking 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. Refrigerate after opening.

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.

Rev 0 07 10 20



SWANSON®

— ORGANIC —

Flaxseed Oil

Cardiovascular Health

COLD PRESSED



DIETARY SUPPLEMENT | 16 FL OZ (1 PT) (473 mL)

Supplement Facts

Serving Size 1 Tablespoon (1/2 oz)
Servings Per Container 32

Amount Per Serving	% Daily Value	
Calories	130	
Total Fat	14 g	18%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	*
Polyunsaturated Fat	10 g	*
Monounsaturated Fat	3 g	*

OmegaTru® Organic Flaxseed Oil (non-GMO)
Typical Fatty Acid Profile:
 Alpha-Linolenic Acid 40–60%
 Linoleic Acid 12–18%
 Oleic Acid 12–18%

Percent Daily Values are based on a 2,000 calorie diet.
*Daily Value not established.

Other ingredients: Proprietary antioxidant blend (organic sunflower oil, organic rosemary extract, ascorbic acid, mixed tocopherols, citric acid).
Solvent free.

PRODUCT OF CANADA
DISTRIBUTED BY SWANSON HEALTH PRODUCTS
Fargo, ND 58104 USA • 1-800-437-4148

Certified Organic by Quality Assurance International (QAI), San Diego, CA 92122.



1 tablespoon (1/2 oz) provides approximately:

Polyunsaturated Fat
(essential fatty acids)
 Omega-3 Fatty Acids (alpha-linolenic acid) 7 g
 Omega-6 Fatty Acids (linoleic acid) 2 g

Monounsaturated Fat
 Omega-9 Fatty Acids (oleic acid) 2.8 g

Free of trans fatty acids

