

Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS

ΩMEGATRU®
**Black Currant
Seed Oil**
Dietary Supplement
180 softgels • 500 mg



• 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.

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 90

	Amount Per Serving	% Daily Value
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Calories	10	
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Calories from Fat	10	
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Total Fat	1 gram	<2%
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Black Currant Seed Oil	1 gram	*
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(typically providing 14–17% gamma-linolenic acid—GLA)

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 2803 • Fargo, ND 58108 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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