

Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS

ΩMEGA^{TRU}
**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
Calories	10
Total Fat	1 g 1%

Black Currant Seed Oil (typically 1 g *
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.

MADE IN CANADA
DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**
 Fargo, ND 58104 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com



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