

Softgels  
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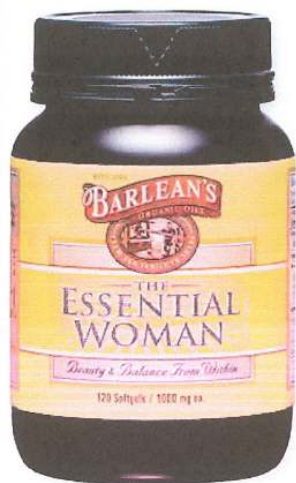


Nurture

# ESSENTIAL WOMAN FORMULA

Beauty & Balance From Within

- Created to nurture, nourish and moisturize from the inside out\*
- Ideal for all women interested in radiant health, beauty and energy\*
- Includes vital and essential Omega-3, 6 & 9 fatty acids and gamma-linolenic acid (GLA)
- Made with Organic Evening Primrose Oil & Organic Flaxseed Oil
- Includes Lignans, Isoflavones and Rosemary



For more information  
please contact:

Sept 2011

AMERICA'S BEST SELLING  
OMEGA-3



Nurture **ESSENTIAL WOMAN**

**Nurture and nourish** your beauty from within. Barlean's The Essential Woman is abundant in **vital and essential fatty acids, lignans and soy isoflavones**. Each drop is **pure and pristine, unrefined and unfiltered** to bring you **vibrant health and energy**.\*

Outward beauty is a reflection of inner health. Radiant glowing skin, lustrous hair and strong nails are a sign of vibrant inner health. Feminizing hormones, delicately balanced, provide freedom from monthly or midlife female discomforts and beauty in full bloom. The Essential Woman is derived from seeds of botanical flowers such as evening primrose and flax, as well as special plant phytonutrients, all recognized for their beautifying and balancing qualities.\*

#### Hallmarks of The Essential Woman

- Designed specifically to meet the health and beauty needs of today's woman
- Supports the healthy structure and function of the female hormonal system\*
- Provides nature's most honored internal moisturizers\*
- Ideal for women of all ages

\* 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.

#### The Essential Woman Formula

- 1. Organic Unrefined Flaxseed Oil:** The world's most abundant source of essential fatty acids, including alpha linolenic acid (Omega-3) and linoleic acid (Omega-6).
- 2. Organic Evening Primrose Oil:** Contains a specialized nutrient, gamma linolenic acid (GLA) which has been shown in scientific studies to support hormonal health and address the symptoms of PMS and menopause\*
- 3. Lignans:** A highly studied and researched class of phytonutrient found in flaxseed and shown to possess impressive protective properties – in addition to supporting hormone and breast health\*
- 4. Soy isoflavones:** Plant phytoestrogens which studies reveal can help address the annoying symptoms of menopause and PMS as well as support bone, heart and breast health\*

#### THE BARLEAN'S PROMISE

All of the products made by our family-owned and operated business are 100% guaranteed. We care about the health of your family and are proud to provide you with the world's freshest, finest quality and best-tasting Omega-3 supplements.

From Our Family to Yours *Bruce Barlean*

| Supplement Facts                                               |                      |
|----------------------------------------------------------------|----------------------|
| Serving Size 3 Softgels (3.0 g)                                |                      |
| Servings Per Container 40                                      |                      |
| Amount Per Serving                                             | % Daily Value*       |
| Calories 20                                                    | Calories from Fat 20 |
| Total Fat 2 g                                                  | 3%                   |
| Saturated Fat 0 mg                                             | 0%                   |
| Polyunsaturated Fat 1.5 g                                      | †                    |
| Monounsaturated Fat 0.4 g                                      | †                    |
| Omega-3 1050 mg                                                | †                    |
| Omega-6 460 mg                                                 | †                    |
| Gamma-Linolenic Acid (GLA) 18 mg                               | †                    |
| Omega-9 360 mg                                                 | †                    |
| Lignan (SDG) 1 - 5 mg                                          | †                    |
| Saponins 7 mg                                                  | †                    |
| Isoflavones 6 mg                                               | †                    |
| Rosemary/Ascorbic Acid Blend 2 mg                              | †                    |
| * Percent Daily Values (DV) are based on a 2,000 calorie diet. |                      |
| † Daily Value not established                                  |                      |

Softgel



**100% GUARANTEED** We're so confident that Barlean's will bring you the results you expect, we offer a 100% guarantee on all our products.

#### AVAILABLE SIZES

**Liquid:** 12 oz. **Softgels:** 60 and 120 ct.

**INGREDIENTS:** Organic flaxseed oil, organic evening primrose oil, flaxseed particulate containing lignans, isoflavones and saponins mechanically extracted from soy, rosemary and ascorbic acid (to ensure freshness) GMO FREE.

**SUGGESTED USE:** 1-2 Tbsp. daily, can be used in salad dressings, mixed with yogurt, cottage cheese, oatmeal, blended beverages & protein drinks.

**Refrigerate.** Freezing will extend shelf life up to one year.

**Shake Well.** Stirring suggested to fully disperse flax particulate.

**SOFTGELS:** 3-9 softgels per day.

#10008301

Barlean's Organic Oils  
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