

**TOTAL OMEGA—
Your Complete Omega
Nutrition Source**

- Tastes Great – Natural Lemonade Flavor
- A Complete and Balanced Source of Omega-3, 6 and 9
- Formulated for Optimal Dosage & Synergy

The Best of Barlean's

- Fresh, Pure & Pristine Omegas
 - Fresh Pressed Flaxseed and Borage Oil
 - Ultra-Purified – Fresh Catch Fish Oil
- Free of lead, mercury & other contaminants

ESTD 1989



Master Blend

Total Omega provides optimal levels of nature's most vital and essential Omega-3, 6 and 9 fatty acids for your vibrant health and energy!

TOTAL OMEGA

SUPPLEMENT

3 • 6 • 9

Total Omega Nutrition

- Omega-3s . . . LNA, EPA, DHA
- Omega-6s . . . LA, GLA
- Omega-9 . . . Oleic Acid

SUGGESTED USE: One Tbsp. daily. Can be taken straight, mixed with yogurt, cottage cheese, oatmeal or blended beverages and protein drinks.

SHAKE PRIOR TO DISPENSING



100% SATISFACTION GUARANTEED

Bruce Barlean

FRESHNESS DATING

BOTTLED

FRESHEST BEFORE

*Land & Sea
Omega Source*

MADE WITH
ORGANIC FLAXSEED OIL
FRESH CATCH FISH OIL
PURE BORAGE OIL



**COMPLETE 3•6•9
NUTRITION**

16 FL.OZ / 473 ML

Supplement Facts

Serving Size 1 Tbsp (15 ml)
Servings Per Container 32

Amount Per Serving	
Calories 120	Calories from Fat 120
% Daily Value*	
Total Fat 14 g	22%
Saturated Fat 1.5 g	8%
Cholesterol 6 mg	2%
Vitamin E Natural (d-alpha Tocopherol) 2 IU	7%
Omega-3 Polyunsaturated Fat	
Alpha Linolenic Acid (LNA) 6080 mg	†
Eicosapentaenoic Acid (EPA) 360 mg	†
Docosahexaenoic Acid (DHA) 240 mg	†
Omega-6 Polyunsaturated Fat	
Linoleic Acid (LA) 2135 mg	†
Gamma-Linolenic Acid (GLA) 220 mg	†
Omega-9 Monounsaturated Fat	
Oleic Acid 2535 mg	†

*Percent Daily Values (DV) are based on a 2000 calorie diet.

†Daily Value not established.

INGREDIENTS: Unrefined, unfiltered organic flaxseed oil, ultra-purified fish oil, herbicide and pesticide free borage seed oil, natural lemonade flavoring, mixed natural tocopherols and vitamin C to ensure freshness.

Barlean's Organic Oils
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Certified Organic by Quality Assurance International (QAI)

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