

THIS IS FUNDAMENTAL NUTRITION!

Our bodies are pretty incredible, but sometimes they need a **little help to achieve balance**. That's why we created this special blend of premium botanical extracts and phytonutrients just for women.

- ✓ Support hormonal balance with our unique blend of flaxseed oil, evening primrose oil and lignans*
 - ✓ Essential Omega-3, 6 and 9, plus GLA, in our special highly-absorbable formula
- LISTEN TO YOUR BODY. NOBODY KNOWS YOU BETTER.**

SWEET TASTE & CREAMY TEXTURE
NO ARTIFICIAL FLAVORS OR COLORS

Suggested Use:
Adults & children ages 4 and up: 1 Tbsp daily. Great straight or in yogurt, oatmeal or smoothies.

Keep out of reach of children and never give to pets.

Refrigerate after opening

Learn more about a
Pathway to a Better Life:
Barleans.com • 800.445.3529

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

SHAKE
WELL

ESTD 1989
BARLEAN'S

• BEAUTY AND BALANCE •

OMEGA-3

ESSENTIAL WOMAN[®]

FROM FLAX + EVENING PRIMROSE OILS

VEGAN **2,300 mg + GLA**



MADE WITH

**REAL
COCOA**

**3X BETTER
ABSORPTION**

• CHOCOLATE MINT •



DAIRY FREE
SUGAR FREE + GLUTEN FREE

NET WT. 16 oz (1 lb) 454 g



Supplement Facts

Serving Size 1 Tbsp (15 mL)

Servings Per Container 29

	Amount Per Serving	% DV
Calories	70	
Total Fat	5 g	7%*
Saturated Fat	0.5 g	3%*
Polyunsaturated Fat	3.5 g	†
Monounsaturated Fat	1 g	†
Total Carbohydrate	6 g	2%*
Sugar Alcohol	4 g	†

Omega-3 Polyunsaturated Fat

Alpha Linolenic Acid (ALA) 2300 mg †

Omega-6 Polyunsaturated Fat

Linoleic Acid (LA) 1350 mg †

Gamma Linolenic Acid (GLA) 100 mg †

Omega-9 Monounsaturated Fat

Oleic Acid 750 mg †

Lignans (SDG) 20 mg †

*Percent Daily Values (DV) are based on a 2,000-calorie diet.
†Daily Value (DV) not established.

Ingredients: Essential Woman[®] Oil Blend (flaxseed oil, evening primrose oil, Vitamin E (as d-alpha tocopherol), rosemary extract, ascorbyl palmitate, and ascorbic acid), water, xylitol, glycerine, alkalized cocoa powder, gum arabic, natural flavors, flaxseed SDG lignan, caramel color, xanthan gum, guar gum, sorbic acid.

Barlean's Ferndale, WA 98248

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