

**When it comes to Essential Fatty Acids,
Total Omega® has it all.**

Made with fresh pressed flax oil and pure borage oil, along with our ultra-purified Fresh Catch® fish oil, Total Omega® offers a complete and balanced dose of Omegas-3, 6 and 9 in every serving.

- Ultra Purified to Remove All Contaminants
- Non-GMO & Gluten Free

SUGGESTED USE: 3 softgels per day, with or without a meal.
Keep out of reach of children. Store in a cool dry place. Keep tightly closed.



FRESHNESS DATING

**LEARN MORE ABOUT A
PATHWAY TO A BETTER LIFE:**
barleans.com
800/445-3529

Barlean's Ferndale, WA 98248



NON-GMO

GLUTEN FREE

Master Blend

TOTAL OMEGA® SUPPLEMENT

3 • 6 • 9

COMPLETE OMEGA NUTRITION

90 Softgels



Supplement Facts

Serving Size 3 Softgels (3 g)
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	35	
Total Fat	3 g	4%*
Saturated Fat	0.5 g	3%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	0 g	†
Cholesterol	5 mg	2%

Omega-3 Polyunsaturated Fat:

Alpha Linolenic Acid (ALA)	542 mg	†
Eicosapentaenoic Acid (EPA)	400 mg	†
Docosahexaenoic Acid (DHA)	200 mg	†

Omega-6 Polyunsaturated Fat:

Linoleic Acid (LA)	494 mg	†
Gamma Linolenic Acid (GLA)	199 mg	†

Omega-9 Monounsaturated Fat:

Oleic Acid	327 mg	†
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* Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value not established.

INGREDIENTS: Total Omega® Oil Blend (fish oil (Anchovy, Mackerel and/or Sardine), borage oil, flaxseed oil, and natural citrus flavor) and softgel (gelatin, glycerine, water and caramel color).



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PATENTS: See www.barleans.com/patents