

HELLO!

We're Barlean's and we make **premium foods and nutritional supplements** here in the Pacific Northwest. Our family business has grown a lot in 25+ years, but we're still all about creating delicious ways to deliver essential nutrition.

SWEET TASTE & CREAMY TEXTURE
NO ARTIFICIAL FLAVORS OR COLORS

3x Better Absorption

Our special emulsified formula is absorbed better than traditional oils or softgels, so you get more of the Omega-3s and GLA you're after.

Learn more about a Pathway to a Better Life:

Barleans.com • 800-445-3529

Barlean's Ferndale, WA 98248



2

Suggested Use: Adults & children ages 4 and up: 1 Tbsp daily. Great straight or in yogurt, oatmeal or smoothies. Refrigerate after opening. Keep out of reach of children and never give to pets.

SHAKE WELL

• ORANGE CRÈME •

ESTD 1981
BARLEAN'S

• SERIOUSLY DELICIOUS •

TOTAL OMEGA®

FROM FISH, FLAX + BORAGE OILS

OMEGA 3 • 6 • 9 **2,400 mg**



NATURAL
**FRUIT
FLAVOR**

3X BETTER
ABSORPTION



DAIRY FREE • SUGAR FREE

NET WT. 8 oz / 227 g



Supplement Facts

Serving Size 1 Tbsp (15 mL)

Servings Per Container 14

	Amount Per Serving	% DV for Adults & Children 4 or More Years of Age
Calories	60	
Total Fat	4.5 g	6%*
Saturated Fat	1 g	5%*
Polyunsaturated Fat	2.5 g	†
Monounsaturated Fat	1 g	†
Cholesterol	15 mg	5%
Total Carbohydrate	6 g	2%*
Total Sugars	0 g	†
Includes 0g Added Sugars		0%
Sugar Alcohol	4 g	†

Omega-3 Polyunsaturated Fat

Alpha Linolenic Acid (ALA)	700 mg	†
Eicosapentaenoic Acid (EPA)	365 mg	†
Docosahexaenoic Acid (DHA)	235 mg	†

Omega-6 Polyunsaturated Fat

Linoleic Acid (LA)	530 mg	†
Gamma Linolenic Acid (GLA)	200 mg	†

Omega-9 Monounsaturated Fat

Oleic Acid	370 mg	†
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*Percent Daily Values (DV) are based on a 2,000-calorie diet. †Daily Value (DV) not established.

Ingredients: Water, Total Omega® Oil Blend (fish oil (anchovy, sardine and/or mackerel), flaxseed oil, and borage oil), xylitol, glycerine, gum arabic, natural flavors, citric acid, xanthan gum, antioxidant blend (Vitamin E (as d-alpha tocopherol), rosemary extract, ascorbyl palmitate, and green tea extract), guar gum, beta carotene, sorbic acid.

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