

**SWEET TASTE AND
CREAMY TEXTURE
KIDS LOVE!**

Omega-3s are a friend to growing bodies and brains. That's why we made Omega Pals as a seriously delicious way for kids to enjoy the essential nutrition they need.

3x Better Absorption

Our emulsified formula is absorbed better than liquid flax oil or softgels, so kids get more of the Omega-3s they need.

No sugar: Naturally sweetened with xylitol

Suggested Use: 1½ tsp daily. Slurp from a spoon or mix into smoothies, yogurt, oatmeal and more. Refrigerate after opening. Keep out of reach of children and never give to pets.

**Learn more about a
Pathway to a Better Life:**

Barleans.com
800.445.3529

• DIETARY SUPPLEMENT •

EST. 1989
BARLEAN'S

SERIOUSLY DELICIOUS

OMEGA Pals
ESSENTIAL NUTRITION FOR KIDS!

1.85 MG PER SERVING
PLANT BASED
OMEGA-3
FROM FLAX OIL



SENSATIONAL
straw-nana
FLAVOR



NET WT. 8 oz / 227 g

Supplement Facts

Serving Size 1½ tsp (7.5 mL)
Servings Per Container 29

	Amount Per Serving	% DV for Adults & Children 4 or More Years of Age	% DV for Children 1 through 3 Years of Age
Calories	35		
Total Fat	2.5 g	3%**	7%*
Saturated Fat	0 g	1%**	2%*
Polyunsaturated Fat	2 g	†	†
Monounsaturated Fat	0 g	†	†
Total Carbohydrate	3 g	1%**	2%*
Total Sugars	0 g	†	†
Includes 0g Added Sugars		0%	0%
Sugar Alcohol	2 g	†	†

Omega-3 Polyunsaturated Fat

Alpha Linolenic Acid (ALA) 1483 mg † †

Omega-6 Polyunsaturated Fat

Linoleic Acid (LA) 370 mg † †

Omega-9 Monounsaturated Fat

Oleic Acid 432 mg † †

*Percent Daily Values (DV) are based on a 1,000 calorie diet.

**Percent Daily Values (DV) are based on a 2,000 calorie diet.

†Daily Value (DV) not established.

Ingredients: Flaxseed oil, water, xylitol, glycerine, gem arabic, natural flavors, vegetable juice, citric acid, xanthan gum, guar gum, sorbic acid, ascorbyl palmitate.

Barlean's Formula, WA 98248

SHAKE WELL

