

**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 fish oil or softgels, so kids get more of the Omega-3 EPA and DHA 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!



6.0 MG PER SERVING
EPA/DHA
OMEGA-3
FROM FISH OIL

CHIRPIN' SLURPIN'
lemonade
— 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	30		
Total Fat	2 g	3%**	5%*
Saturated Fat	0.5 g	3%**	5%*
Polyunsaturated Fat	1 g	†	†
Monounsaturated Fat	0 g	†	†
Cholesterol	15 mg	4%	4%
Total Carbohydrate	3 g	1%**	2%*
Sugar Alcohol	2 g	†	†

Omega-3 Polyunsaturated Fat

Eicosapentaenoic Acid (EPA)	330 mg	†	†
Docosahexaenoic Acid (DHA)	210 mg	†	†
Other Omega-3 Fatty Acids	135 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: Water, fish oil (anchovy sardine and/or mackerel), xylitol, glycerine, gum arabic, natural flavor, citric acid, xanthan gum, guar gum, antioxidant blend (Vitamin E (as D-alpha-tocopherol), rosemary extract, and ascorbyl palmitate), turmeric, sorbic acid.

Barlean's Formula, WA 98248

SHAKE WELL



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