

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 fish oil or softgels, so you get more of the Omega-3s your body needs.

Learn more about a Pathway to a Better Life:

barleans.com • 800.445.3529

Barlean's Ferndale, WA 98248



Suggested Use: Adults & children 12 and up: 1 Tbsp daily. Great straight or in yogurt, cereal or smoothies. Refrigerate after opening, and never give to pets.

SHAKE WELL

• LEMON CRÈME •

ESTD 1949
BARLEAN'S

• SERIOUSLY DELICIOUS •

OMEGA-3

FROM FISH OIL

OMEGA-3
EPA/DHA **1,080mg**



DIETARY SUPPLEMENT
**NATURAL
FRUIT
FLAVOR**
**3X BETTER
ABSORPTION**

**TASTE THE FRUIT,
NOT THE FISH.**



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 g	5%*
Saturated Fat	1 g	5%*
Polyunsaturated Fat	1.5 g	†
Monounsaturated Fat	1 g	†
Cholesterol	25 mg	9%
Total Carbohydrate	6 g	2%*
Total Sugars	0 g	†
Includes 0g Added Sugars		0%
Sugar Alcohol	5 g	†

Omega-3 Polyunsaturated Fat

Eicosapentaenoic Acid (EPA)	660 mg	†
Docosahexaenoic Acid (DHA)	420 mg	†
Other Omega-3 Fatty Acids	270 mg	†

*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 flavors, citric acid, xanthan gum, antioxidant blend (vitamin E (as d-alpha tocopherol), rosemary extract, green tea extract, and ascorbyl palmitate), guar gum, turmeric, sorbic acid.

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