

• BLACKBERRY SMOOTHIE •

Supplement Facts

Serving Size 1 Tbsp (15 mL)
Servings Per Container 29

	Amount Per Serving	% DV for Adults & Children 4 or More Years of Age
Calories	70	
Total Fat	6 g	7%*
Saturated Fat	0 g	2%*
Polyunsaturated Fat	3.5 g	†
Monounsaturated Fat	1 g	†
Total Carbohydrate	5 g	2%*
Total Sugars	0 g	†
Includes 0g Added Sugars	0g	0%
Sugar Alcohol	4 g	†

Omega-3 Polyunsaturated Fat		
Alpha Linolenic Acid (ALA)	2968 mg	†
Omega-6 Polyunsaturated Fat		
Linoleic Acid (LA)	739 mg	†
Omega-9 Monounsaturated Fat		
Oleic Acid	863 mg	†

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

Ingredients: Flaxseed oil, water, xylitol, glycerine, gum arabic, natural flavors, blueberry juice, vegetable juice, D9C acid, agai extract 4:1, xanthan gum, guar gum, sorbic acid, Vitamin E (as d-alpha-tocopherol), ascorbyl palmitate.

Learn more about a Pathway to a Better Life:
Barleans.com • 800.445.3529

Barlean's Ferndale, WA 98248

LA-00260-09



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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 still do things our way:

- ✓ Create seriously delicious ways for people to get essential nutrients
- ✓ Source top quality ingredients to deliver maximum benefits
- ✓ Share our profits to help people locally and around the world

WE'RE GLAD YOU'RE GIVING US A TRY & FEEL PRETTY GOOD THAT YOU'LL TRY US AGAIN!

3x Better Absorption

Our special emulsified formula is absorbed better than traditional flax oil or softgels, so you get more of the Omega-3s your body needs.

SWEET TASTE & CREAMY TEXTURE
NO ARTIFICIAL FLAVORS OR COLORS

Suggested Use:

Adults & children ages 4 and up: 1 Tbsp daily. Great straight or in yogurt, oatmeal or smoothies.



SPOON



TOP



BLEND

Keep out of reach of children and never give to pets.

Refrigerate after opening

SHAKE WELL

ESTD 1989
BARLEAN'S

• SERIOUSLY DELICIOUS •

PLANT BASED

OMEGA-3

FROM FLAX OIL

VEGAN OMEGA-3 2,968 mg



DIETARY SUPPLEMENT

NATURAL FRUIT FLAVOR

3X BETTER ABSORPTION

TASTE THE FRUIT, NOT THE FLAX.



DAIRY FREE • SUGAR FREE



NET WT. 16 oz (1 lb) 454 g

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