

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 oils or softgels, so you get more of the Omega-3s and GLA you're after.

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.

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

Refrigerate after opening

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

**SHAKE
WELL**

BARLEANS.COM



• POMEGRANATE BLUEBERRY SMOOTHIE •

ESTD 1989
BARLEAN'S

SERIOUSLY DELICIOUS

PLANT BASED

TOTAL OMEGA

FROM FLAX + BORAGE OILS

VEGAN 3,980 mg
OMEGA 3-6-9



NATURAL

**FRUIT
FLAVOR**

**3X
BETTER
ABSORPTION**

**TASTE THE FRUIT,
NOT THE FLAX.**



DAIRY FREE
SUGAR FREE • GLUTEN FREE

NET WT. 16 oz (1 lb) 454 g



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	5 g	7%*
Saturated Fat	1 g	4%*
Polysaturated Fat	3.5 g	↑
Monounsaturated Fat	1 g	↑
Total Carbohydrate	6 g	2%*
Total Sugars	0 g	↑
Includes 0g Added Sugars		0%
Sugar Alcohol	5 g	↑

Omega-3 Polyunsaturated Fat

Alpha Linolenic Acid (ALA) 1530 mg ↑

Docosahexaenoic Acid (DHA) 130 mg ↑

Omega-6 Polyunsaturated Fat

Linoleic Acid (LA) 1120 mg ↑

Gamma Linolenic Acid (GLA) 400 mg ↑

Omega-9 Monounsaturated Fat

Oleic Acid 800 mg ↑

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

Ingredients: Total Omega-3 Vegan Oil Blend (flaxseed oil, borage oil, DHA algal oil, sunflower lecithin, Vitamin E (as D-alpha tocopherol), rosemary extract, and acetyl palmitate), water, xylitol, glycerine, gum arabic, natural flavors, vegetable juice, citric acid, xanthan gum, guar gum, sorbic acid.

Barlean's Ferndale, WA 98248

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