# 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
- Use only ultra-purified fish oils, free of mercury and other heavy metals
- 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 fish 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

· MANGO PEACH SMOOTHIE ·

ESTD 1969
BARLEAN'S

· SERIOUSLY DELICIOUS ·

# OMEGA-3

FROM FISH OIL

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

600 IU OF VITAMIN D

DIETARY SUPPLEMENT

NATURAL FRUIT FLAVOR

3X BETTER ABSORPTION

TASTE THE FRUIT, NOT THE FISH.

DAIRY FREE • SUGAR FREE

GLUTEN FREE

NON-GMO

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 | 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 | † |
| Vitamin D (600 IU) | 15mcg | 75% |
| **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:** dilute 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, beta carotene, vegetable juice, sorbic acid, Vitamin D3 (as cholecalciferol).

**Learn more about a Pathway to a Better Life:**
Barleans.com • (800) 445-3529

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