

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 flax 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 ages 4 and up: 1 Tbsp daily. Great straight or in yogurt, oatmeal or smoothies. Refrigerate after opening. Keep out of reach of children and never give to pets.

SHAKE WELL



• STRAWBERRY BANANA SMOOTHIE •

ESTD 1989

BARLEAN'S



• SERIOUSLY DELICIOUS •

PLANT BASED

OMEGA-3

FROM FLAX OIL

VEGAN 2,968 mg
OMEGA-3



DIETARY SUPPLEMENT

NATURAL
FRUIT
FLAVOR

3X BETTER
ABSORPTION

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



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	70	
Total Fat	5 g	7%*
Saturated Fat	0 g	2%*
Polyunsaturated 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) 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, vegetable juice, citric acid, xanthan gum, guar gum, sorbic acid, ascorbyl palmitate.

LA-00246-10

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