

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.

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

Refrigerate after opening



SPOON



TOP



BLEND

SHAKE WELL

• STRAWBERRY BANANA SMOOTHIE •

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



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	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.

Learn more about a Pathway to a Better Life:

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