

TRUE BEAUTY COMES FROM WITHIN

That's why we created a formula for women who want their outer beauty to reflect their inner health. If you're looking for nutrients to combat common issues like fatigue and PMS, plus support healthy hair, skin and nails, we've got you covered.* Essential Woman® is made from flax and evening primrose oils along with special plant nutrients to help you look and feel your very best.

- With Omega-3, 6 & 9 and GLA (Gamma Linolenic Acid)
- Non-GMO and Gluten Free

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



FRESHNESS DATING

LEARN MORE ABOUT A
PATHWAY TO A BETTER LIFE:
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NON-GMO

GLUTEN FREE

ESSENTIAL WOMAN[®]

SUPPLEMENT

BEAUTY & BALANCE FROM WITHIN

120 Softgels

Supplement Facts

Serving Size 3 Softgels (3 g)
Servings Per Container 40

	Amount Per Serving	% Daily Value
Calories	30	
Total Fat	3 g	4%*
Saturated Fat	0 g	1%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	0.5 g	†

Omega-3 Polyunsaturated Fat:

Alpha Linolenic Acid (ALA) 1200 mg †

Omega-6 Polyunsaturated Fat:

Linoleic Acid (LA) 470 mg †

Gamma Linolenic Acid (GLA) 19 mg †

Omega-9 Monounsaturated Fat:

Oleic Acid 400 mg †

Sapogenins 5 mg †

Isoflavones 15 mg †

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

INGREDIENTS: Essential Woman® Oil Blend (flaxseed oil, evening primrose oil, flaxseed particulates, soy isoflavones, rosemary extract, ascorbic acid) and softgel (gelatin, glycerine, water, caramel color).

SUGGESTED USE: 3-9 softgels per day, with or without a meal. Keep out of reach of children. Store in a cool dry place. Keep tightly closed.



PATENTS: See www.barleans.com/patents