

IDEAL CONCENTRATION, PURITY & SUSTAINABILITY

- ✓ **IDEAL Super-Concentrated Formulation:** Delivers a proven, super-concentrated 1,060 mg Omega-3 in a single softgel.
- ✓ **IDEAL Freshness & Purity:** Derived from fish caught in the pristine, icy waters of Alaska, pure and potent Barlean's Ideal Omega 3 has received the coveted 5 Star Rating from IFOS, an accredited third-party certification program.

- ✓ **IDEAL Sustainability & Earth-Friendliness:**

Ideal Omega 3 is certified to rigorous Marine Stewardship Council (MSC) standards, which ensure that marine populations and ecosystems remain healthy for future generations.



Each batch
tested by IFOS for
purity and safety

www.ifosprogram.com

From an MSC certified
sustainable fishery. www.msc.org

FRESHEST BEFORE

41610-04

*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.

ESTD 1989

BARLEAN'S

Ideal 3

SUPPLEMENT

One and Done™

1,000 mg EPA/DHA in just one Softgel

PHARMACEUTICAL GRADE

EPA: 750 mg
DHA: 250 mg

**Supports Heart,
Mind and Mood***

30 Orange Flavored
Softgels



MSC-C-52673

CERTIFIED
SUSTAINABLE
SEAFOOD
MSC
www.msc.org



Supplement Facts

Serving Size 1 Softgel (1250 mg)
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	15	
Total Fat	1 g	1%*
Polyunsaturated Fat	1 g	†
Monounsaturated Fat	0 g	†
Omega-3 Polyunsaturated Fat:		
Eicosapentaenoic Acid (EPA)	750 mg	†
Docosahexaenoic Acid (DHA)	250 mg	†
Other Omega-3 Fatty Acids	60 mg	†

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

INGREDIENTS: Fish oil (Pollock), softgel (gelatin, glycerine, and water), natural flavor, and natural mixed tocopherol.
SUGGESTED USE: 1 softgel daily with a meal.
Keep bottle tightly closed. Store in a cool, dry place, out of reach of children.

PATENTS: See www.barleans.com/patents

LEARN MORE ABOUT A PATHWAY TO A BETTER LIFE:

barleans.com • 800/445-3529 • Barlean's Ferndale, WA 98248