

**LIGNAN OMEGA TWIN:
A Synergy of Vegan
Omega Nutrition**

This blend of wholesome, cold-pressed pure Borage Oil and Organic Lignan Flax Oil provides you with essential, balanced Omega nutrition. When combined they offer a unique, health-supporting synergy. Together, they support heart, nerve, joint and skin health* at a greater level than if taken individually.

Lignan Omega Twin is easy to incorporate into your daily diet and provides nature's perfect ratio of Omegas-3, 6 and 9 along with the natural fiber and antioxidants found in flaxseed particulate.

- Vegan
- Non-GMO
- Gluten Free
- Kosher

SUGGESTED USE: 1 Tbsp up to 2 times per day. Use straight or mix into salad dressings, yogurt, oatmeal or smoothies. Refrigerate for quality. Keep out of reach of children. Shake well before use.

*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

ESTD 1989



OMEGA TWIN

WITH FLAX LIGNANS

**MADE WITH
ORGANIC FLAX OIL
PURE BORAGE OIL**

**VEGAN
GLUTEN FREE**



**SYNERGISTIC BLEND
OF ALA & GLA**



DIETARY SUPPLEMENT
12 fl oz / 355 mL

Supplement Facts

Serving Size 1 Tbsp (15 mL)
Servings Per Container 24

	Amount Per Serving	% Daily Value
Calories	120	
Total Fat	13 g	17%*
Saturated Fat	1.5 g	8%*
Polyunsaturated Fat	9 g	†
Monounsaturated Fat	2.5 g	†

Omega-3 Polyunsaturated Fat:

Alpha Linolenic Acid (ALA) 6010 mg †

Omega-6 Polyunsaturated Fat:

Linoleic Acid (LA) 2330 mg †

Gamma Linolenic Acid (GLA) 465 mg †

Omega-9 Monounsaturated Fat:

Oleic Acid 2140 mg †

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

Ingredients: Organic flaxseed oil, borage seed oil, and organic flaxseed particulate.

**LEARN MORE ABOUT A
PATHWAY TO A BETTER LIFE:**

barleans.com

800/445-3529

Barlean's® Ferndale, WA 98248
Certified Organic by QAI

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