

# 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 30+ 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

**MADE  
WITH  
ALGAE  
BASED  
DHA**

### 3x Better Absorption

Our special emulsified formula is absorbed better than traditional oils or softgels, so you get more of the Omega-3s and GLA you're after.

**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

Learn more about a Pathway to a Better Life:  
Barleans.com • 800.445.3529

**SHAKE  
WELL**



**SPOON**



**TOP**



**BLEND**

• POMEGRANATE BLUEBERRY SMOOTHIE •

ESTD 1989  
**BARLEAN'S**

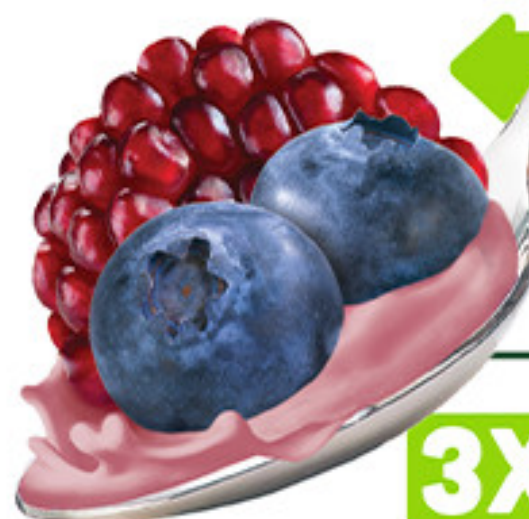
**SERIOUSLY DELICIOUS**

**PLANT BASED**

**TOTAL OMEGA**

**FROM FLAX, BORAGE + ALGAE OILS**

**VEGAN 3,980 mg**  
OMEGA 3-6-9



**NATURAL**

**FRUIT  
FLAVOR**

**3X BETTER  
ABSORPTION**

DAIRY FREE  
SUGAR FREE • GLUTEN FREE



**NET WT. 16 oz (1 lb) 454 g**



## Supplement Facts

Serving Size 1 Tbsp (15.9 g)  
Servings Per Container 29

|                           | Amount<br>Per Serving | % DV for<br>Adults & Children<br>4 or More<br>Years of Age |
|---------------------------|-----------------------|------------------------------------------------------------|
| Calories                  | 70                    |                                                            |
| Total Fat                 | 5 g                   | 7%*                                                        |
| Saturated Fat             | 1 g                   | 4%*                                                        |
| Polyunsaturated Fat       | 3.5 g                 | †                                                          |
| Monounsaturated Fat       | 1 g                   | †                                                          |
| Total Carbohydrate        | 5 g                   | 2%*                                                        |
| Total Sugars              | 0 g                   | †                                                          |
| Includes 0 g Added Sugars |                       | 0%*                                                        |
| Sugar Alcohol             | 4 g                   | †                                                          |

### Omega-3 Polyunsaturated Fat

|                            |         |   |
|----------------------------|---------|---|
| Alpha Linolenic Acid (ALA) | 1530 mg | † |
| Docosahexaenoic Acid (DHA) | 130 mg  | † |

### Omega-6 Polyunsaturated Fat

|                            |         |   |
|----------------------------|---------|---|
| Linoleic Acid (LA)         | 1120 mg | † |
| Gamma Linolenic Acid (GLA) | 400 mg  | † |

### Omega-9 Monounsaturated Fat

|            |        |   |
|------------|--------|---|
| Oleic Acid | 800 mg | † |
|------------|--------|---|

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

**Ingredients:** Total Omega® Vegan Oil Blend (flaxseed oil, borage oil, DHA algal oil, sunflower lecithin, Vitamin E (as d-alpha tocopherol), rosemary extract, and ascorbyl palmitate), water, xylitol, glycerine, gum arabic, natural flavors, vegetable juice, citric acid, xanthan gum, guar gum, sorbic acid.

Barlean's® Ferndale, WA 98248

LA-00250-16



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BARLEANS.COM



**life'sDHA**  
HEALTHY BRAIN, EYES, HEART

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