

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 Omegas-3, 6 & 9 and GLA
Non-GMO and Gluten Free

SUGGESTED USE: 1-2 Tbsp daily. Can be taken straight or mixed into salad dressings, yogurt, oatmeal or smoothies. Refrigerate for quality.

SHAKE WELL. Natural settling may occur. Stirring suggested to fully disperse flax particulate. Keep out of reach of children.

* 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



NON
GMO

GLUTEN
FREE

Nurture

ESSENTIAL WOMAN®

SUPPLEMENT

BEAUTY & BALANCE
FROM WITHIN

MADE WITH ORGANIC
LIGNAN FLAXSEED &
EVENING PRIMROSE OIL

VEGAN FORMULA



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	12 g	16%*
Saturated Fat	1 g	6%*
Polyunsaturated Fat	8 g	†
Monounsaturated Fat	2.5 g	†
Total Carbohydrate	1 g	<1%*
Protein	1 g	
Omega-3 Polyunsaturated Fat:		
Alpha Linolenic Acid (ALA)	6064 mg	†
Omega-6 Polyunsaturated Fat:		
Linoleic Acid (LA)	2232 mg	†
Gamma Linolenic Acid (GLA)	92 mg	†
Omega-9 Monounsaturated Fat:		
Oleic Acid	1810 mg	†
Saponins	23 mg	†
Isoflavones	24 mg	†

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

INGREDIENTS: Organic flaxseed oil, soy isoflavones, organic evening primrose oil, organic flaxseed particulate, antioxidant blend (rosemary extract and ascorbic acid).

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

barleans.com

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Certified Organic by OAI

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