

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
 - ✓ Use only ultra-purified fish oils
 - ✓ Share our profits to help people locally and around the world
- SUPPORTS:**
HEART HEALTH*
BRAIN FUNCTION*
JOINTS & BONES*

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**

• **ORANGE CRÈME** •

ESTD 1989
BARLEAN'S

• **SERIOUSLY DELICIOUS** •

TOTAL OMEGA®

FROM FISH, FLAX + BORAGE OILS

OMEGA 3 • 6 • 9 **2,400 mg**



DIETARY
SUPPLEMENT

**NATURAL
FRUIT
FLAVOR**

**3X BETTER
ABSORPTION**

**DAIRY FREE
SUGAR FREE**



Supplement Facts

Serving Size 1 Tbsp (15.9 g)

Servings Per Container 29

	Amount Per Serving	% DV for Adults & Children 4 or More Years of Age
Calories	60	
Total Fat	4.5 g	6%*
Saturated Fat	1 g	5%*
Polyunsaturated Fat	2.5 g	†
Monounsaturated Fat	1 g	†
Cholesterol	15 mg	5%
Total Carbohydrate	5 g	2%*
Total Sugars	0 g	†
Includes 0g Added Sugars		0%*
Sugar Alcohol	4 g	†

Omega-3 Polyunsaturated Fat	
Alpha Linolenic Acid (ALA)	700 mg †
Eicosapentaenoic Acid (EPA)	365 mg †
Docosahexaenoic Acid (DHA)	235 mg †
Omega-6 Polyunsaturated Fat	
Linoleic Acid (LA)	530 mg †
Gamma Linolenic Acid (GLA)	200 mg †
Omega-9 Monounsaturated Fat	
Oleic Acid	370 mg †

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

Ingredients: Water, Total Omega® Oil Blend (fish oil (anchovy, sardine and/or mackerel), flaxseed oil, and borage oil), xylitol, glycerine, gum arabic, natural flavors, citric acid, xanthan gum, antioxidant blend (Vitamin E (as d-alpha tocopherol), rosemary extract, ascorbyl palmitate, and green tea extract), guar gum, beta carotene, sorbic acid.

Barlean's® Ferndale, WA 98248

LA-00254-18



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*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.

NET WT. 16 oz (1 lb) 454 g

BARLEANS.COM

