

**SWEET TASTE AND
CREAMY TEXTURE
KIDS LOVE!**

Omega-3s are a friend to growing bodies and brains. That's why we made Omega Pals as a seriously delicious way for kids to enjoy the essential nutrition they need.

3x Better Absorption

Our emulsified formula is absorbed better than liquid fish oil or softgels, so kids get more of the Omega-3 EPA and DHA they need.

No sugar: Naturally sweetened with xylitol

Suggested Use: 1½ tsp daily. Slurp from a spoon or mix into smoothies, yogurt, oatmeal and more. Refrigerate after opening. *Keep out of reach of children and never give to pets.*

**Learn more about a
Pathway to a Better Life:**

Barleans.com
800.445.3529

• DIETARY SUPPLEMENT •

ESTD 1989

BARLEAN'S

• SERIOUSLY DELICIOUS •

OMEGA Pals

ESSENTIAL NUTRITION FOR KIDS!



150 MG PER SERVING
HIGH POTENCY
OMEGA-3
EPA/DHA
FROM FISH OIL

LIPSMACKIN'
citrus

FLAVOR



NET WT. 8 oz / 227 g

Supplement Facts

Serving Size 1½ tsp (7.95 g)
Servings Per Container 29

	Amount Per Serving	% DV for Adults & Children 4 or More Years of Age	% DV for Children 1 through 3 Years of Age
Calories	35		
Total Fat	2.5 g	3%**	7%*
Saturated Fat	0.5 g	3%**	7%*
Polyunsaturated Fat	1 g	†	†
Monounsaturated Fat	0.5 g	†	†
Cholesterol	20 mg	6%	6%
Total Carbohydrate	3 g	1%**	2%*
Total Sugars	0 g	†	†
Includes 0g Added Sugars		0%**	0%*
Sugar Alcohol	2 g	†	†

Omega-3 Polyunsaturated Fat

Eicosapentaenoic Acid (EPA)	455 mg	†	†
Docosahexaenoic Acid (DHA)	295 mg	†	†
Other Omega-3 Fatty Acids	185 mg	†	†

*Percent Daily Values (DV) are based on a 1,000 calorie diet.

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

†Daily Value (DV) not established.

Ingredients: Fish oil (anchovy, sardine and/or mackerel), water, 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

SHAKE WELL

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