

When it comes to Essential Fatty Acids, Total Omega® has it all.

Made with fresh pressed flax oil and pure borage oil, along with our ultra-purified Fresh Catch® fish oil, Total Omega® packs a punch of complete and balanced amount of Omegas - 3, 6 and 9 in every serving.

The Ideal Combination of Healthy Omegas

Omega-3s: ALA, EPA, DHA

Omega-6s: LA, GLA

Omega-9: Oleic Acid

- All-Natural Lemonade Flavor
- Ultra Purified to Remove All Contaminants
- Non-GMO & Gluten Free

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

SHAKE WELL.

Keep out of reach of children.



FRESHNESS DATING



Master Blend

TOTAL OMEGA® SUPPLEMENT

3•6•9

**LAND & SEA
OMEGA SOURCE**

**MADE WITH
ORGANIC FLAXSEED OIL**

FRESH CATCH® FISH OIL

PURE BORAGE OIL



**COMPLETE 3•6•9
NUTRITION**

16 fl oz (1 pt) 473 mL

Supplement Facts

Serving Size 1 Tbsp (15 mL)

Servings Per Container 32

	Amount Per Serving	%Daily Value
Calories	120	
Total Fat	14 g	18%*
Saturated Fat	1.5 g	8%*
Polyunsaturated Fat	9 g	†
Monounsaturated Fat	2.5 g	†
Cholesterol	10 mg	3%
Omega-3 Polyunsaturated Fat:		
Alpha Linolenic Acid (ALA)	5875 mg	†
Eicosapentaenoic Acid (EPA)	356 mg	†
Docosahexaenoic Acid (DHA)	237 mg	†
Omega-6 Polyunsaturated Fat:		
Linoleic Acid (LA)	1817 mg	†
Gamma-Linolenic Acid (GLA)	196 mg	†
Omega-9 Monounsaturated Fat:		
Oleic Acid	1870 mg	†

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

† Daily Value not established.

INGREDIENTS: Total Omega Oil Blend (organic flaxseed oil, fish oil (Anchovy, Sardine and/or Mackerel), and borage oil), natural flavors, and antioxidant (sunflower lecithin, sunflower oil, natural mixed tocopherols, rosemary extract, ascorbic acid, and citric acid).

LEARN MORE ABOUT A PATHWAY TO A BETTER LIFE:

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