

**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!



540 MG PER SERVING  
EPA/DHA  
**OMEGA-3**  
FROM FISH OIL

CHIRPIN' SLURPIN'  
*lemonade*

FLAVOR

SUGAR FREE  
DAIRY FREE



## Supplement Facts

Serving Size 1½ tsp (7.95 g)

Servings Per Container 29

	Amount per serving	% Daily Value for Adults and Children 4 or more Years of Age	% Daily Value for Children 1 through 3 Years of Age
Calories	30		
Total Fat	2 g	3%**	5%*
Saturated Fat	0.5 g	3%**	5%*
Polyunsaturated Fat	1 g	†	†
Monounsaturated Fat	0 g	†	†
Cholesterol	15 mg	4%	4%
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)	330 mg	†	†
Docosahexaenoic Acid (DHA)	210 mg	†	†
Other Omega-3 Fatty Acids	135 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: Water, fish oil (anchovy, sardine and/or mackerel), xylitol, glycerine, gum arabic, natural flavors, citric acid, xanthan gum, antioxidant blend (Vitamin E (as d-alpha tocopherol), rosemary extract, green tea extract, and ascorbyl palmitate), guar gum, turmeric, sorbic acid.

Barlean's Ferndale, WA 98248

SHAKE WELL

NET WT. 8 oz / 227 g

LA-00249-14



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