

**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!



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

LIPSMACKIN'  
*citrus*

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	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 Femdale, WA 98248

SHAKE WELL

LA-00027-03



PRODUCT OF U.S.A.

NET WT. 8 oz / 227 g