

**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 flax oil or softgels, so kids get more of the Omega-3s 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!

1,483 MG PER SERVING  
PLANT BASED  
**OMEGA-3**  
FROM FLAX OIL



**SENSATIONAL**  
*straw-nana*

FLAVOR

**VEGAN  
SUGAR FREE  
DAIRY FREE**



**NET WT. 8 oz / 227 g**

## 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%*                                                 |
| Polyunsaturated Fat      | 2 g                | †                                                            | †                                                   |
| Monounsaturated Fat      | 0 g                | †                                                            | †                                                   |
| Total Carbohydrate       | 3 g                | 1%**                                                         | 2%*                                                 |
| Total Sugars             | 0 g                | †                                                            | †                                                   |
| Includes 0g Added Sugars |                    | 0%**                                                         | 0%*                                                 |
| Sugar Alcohol            | 2 g                | †                                                            | †                                                   |

Omega-3 Polyunsaturated Fat

Alpha Linolenic Acid (ALA) 1483 mg † †

Omega-6 Polyunsaturated Fat

Linoleic Acid (LA) 370 mg † †

Omega-9 Monounsaturated Fat

Oleic Acid 432 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:** Flaxseed oil, water, xylitol, glycerine, gum arabic, natural flavors, vegetable juice (for color), citric acid, xanthan gum, guar gum, sorbic acid, ascorbyl palmitate.

Barlean's® Ferndale, WA 98248

SHAKE WELL

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