

# HELLO!

We're Barlean's and we make **premium foods and nutritional supplements** here in the Pacific Northwest. Our family business has grown a lot in 30+ years, but we're still all about creating delicious ways to deliver essential nutrition.

**SWEET TASTE & CREAMY TEXTURE**  
NO ARTIFICIAL FLAVORS OR COLORS

### 3x Better Absorption

Our special emulsified formula is absorbed better than traditional flax oil or softgels, so you get more of the Omega-3s your body needs.

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

Barleans.com • 800.445.3529

Barlean's® Ferndale, WA 98248



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**Suggested Use:** Adults & children ages 4 and up: 1 Tbsp daily. Great straight or in yogurt, oatmeal or smoothies. Refrigerate after opening. Keep out of reach of children and never give to pets.

**SHAKE WELL**

• STRAWBERRY BANANA SMOOTHIE •

ESTD 1989  
**BARLEAN'S**®

• SERIOUSLY DELICIOUS •

PLANT BASED

# OMEGA-3

FROM FLAX OIL

**VEGAN 2,968 mg**  
OMEGA-3



DIETARY SUPPLEMENT

**NATURAL FRUIT FLAVOR**

**3X BETTER ABSORPTION**

**TASTE THE FRUIT, NOT THE FLAX.**

**DAIRY FREE SUGAR FREE**



## Supplement Facts

Serving Size 1 Tbsp (15.9 g)  
Servings Per Container 14

	Amount Per Serving	% DV
Calories	70	
Total Fat	5 g	7%*
Polyunsaturated Fat	3.5 g	†
Monounsaturated Fat	1 g	†
Total Carbohydrate	5 g	2%*
Total Sugars	0 g	†
Includes 0g Added Sugars		0%*
Sugar Alcohol	4 g	†

Omega-3 Polyunsaturated Fat

Alpha Linolenic Acid (ALA) 2968 mg †

Omega-6 Polyunsaturated Fat

Linoleic Acid (LA) 739 mg †

Omega-9 Monounsaturated Fat

Oleic Acid 863 mg †

\*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.

LA-00246-12

PRODUCT OF U.S.A.

NET WT. 8 oz / 227 g

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