

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 still do things our way:

- ✓ Create seriously delicious ways for people to get essential nutrients
- ✓ Source top quality ingredients to deliver maximum benefits
- ✓ Share our profits to help people locally and around the world

SUPPORTS:
CARDIOVASCULAR SYSTEM*
SKIN HEALTH*
JOINTS & BONES*

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.

SWEET TASTE & CREAMY TEXTURE
NO ARTIFICIAL FLAVORS OR COLORS

Suggested Use:

Adults & children ages 4 and up: 1 Tbsp daily. Great straight or in yogurt, oatmeal or smoothies.

Keep out of reach of children and never give to pets.

Refrigerate after opening



SPOON



TOP



BLEND

SHAKE WELL

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

• BLACKBERRY SMOOTHIE •

ESTD 1989
BARLEAN'S

• SERIOUSLY DELICIOUS •

PLANT BASED

OMEGA-3

FROM FLAX OIL

VEGAN
OMEGA-3 2,968 mg



NATURAL
FRUIT FLAVOR

3X BETTER ABSORPTION

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

DAIRY FREE
SUGAR FREE



NET WT. 16 oz (1 lb) 454 g

Supplement Facts

Serving Size 1 Tbsp (15.9 g)

Servings Per Container 29

	Amount Per Serving	% DV
Calories	70	
Total Fat	6 g	7%*
Saturated Fat	0 g	2%*
Polyunsaturated Fat	3.5 g	†
Monounsaturated Fat	1 g	†
Total Carbohydrate	5 g	2%*
Total Sugars	0 g	†
Includes 0g Added Sugars	0g	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, blueberry juice, vegetable juice, citric acid, acai extract 4:1, xanthan gum, guar gum, sorbic acid, Vitamin E (as d-alpha tocopherol), ascorbyl palmitate.

Learn more about a Pathway to a Better Life:

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