

Barlean's Lignan Omega Twin supplies complete essential fatty acid nutrition with the Omega's 3, 6 and 9 and GLA. Barlean's Fresh ExPress™ extraction process gently liberates delicate flax and borage oil, while capturing flaxseed particulate containing lignan.

Barlean's Fresh ExPressed™ Lignan Omega Twin

- Leading "Complete" EFA product
- Gently Cold Pressed
- Convenient alternative to liquid Omega Twin
- 100% Satisfaction Guaranteed

Made with Care from my family to yours

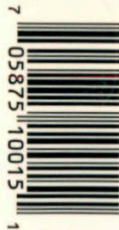
Bruce Barlean

Suggested Use: Take 1-3 capsules 3 times daily. May be taken with or without meals.

Ingredients: Each light-resistant carob coated gelatin capsule contains: 100% unrefined, unfiltered organic flax oil, herbicide/pesticide free borage oil, flaxseed particulate containing lignan.

Barlean's Organic Oils

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Barlean's



**LIGNAN
OMEGA TWIN**

Flax & Borage Oil Supplement

Fresh ExPressed™

HERBICIDE / PESTICIDE FREE

120 CAPSULES 1000 mg ea.



Supplement Facts

Serving Size 3 capsules (3.0 g)

Servings Per Container 40

Amount Per Serving

Calories 25

Calories from Fat 22

% Daily Value*

Total Fat 2 g

4%

Saturated Fat 0.2 g

0%

Polyunsaturated Fat 1.7 g

†

Omega-3 1115 mg

†

Omega-6 500 mg

†

Gamma-Linolenic 105 mg

†

Monounsaturated Fat 0.4 g

†

Omega-9 440 mg

†

Flaxseed particulate

(containing lignan) 480 mg

†

* Percent daily values are based on a 2,000 calorie diet.

† Daily value not established