

Barlean's Omega Twin supplies complete essential fatty acid nutrition with the Omega's 3, 6, 9 and GLA. The delicate flax and borage oils in Omega Twin are gently **Fresh ExPressed™** protecting them from the adverse effects of heat, light and oxygen.

Barlean's Fresh ExPressed™ 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.

Barlean's Organic Oils

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Product of U.S.A.

Barlean's



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 27

Calories from Fat 27

% Daily Value*

Total Fat 3 g

5%

Saturated Fat 0.3 g

1%

Polyunsaturated Fat 2 g

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Omega-3 1365 mg

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Omega-6 570 mg

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Gamma-Linolenic 105 mg

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Monounsaturated Fat 0.5 g

†

Omega-9 525 mg

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

† Daily value not established

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