

Nurture and Nourish your Beauty from Within - Outward Beauty is a reflection of inner health. Radiant glowing skin, lustrous hair, and strong nails are signs of vibrant inner health. Feminizing hormones, delicately balanced, provide freedom from monthly or midlife female discomforts as well as beauty in full bloom.

Hallmarks of The Essential Woman:

- Designed specifically to exceed the health and beauty needs of today's woman.
- Supports the healthy structure and function of the female hormonal system.*
- Provides nature's most honored "internal moisturizers".
- Ideal for women of all ages

*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.

Barlean's
Organic Oils

The Essential Woman

Evening
Primrose Oil
Organic
Flaxseed Oil



Lignans
Isoflavones
Rosemary

*Beauty and Balance
From Within*

Dietary Supplement 120 capsules/1000 mg **GMO free***

Suggested Use: 3 capsules 3 times per day. May be taken with or without meals.

Ingredients*: Organic flaxseed oil, evening primrose oil, flaxseed particulate containing lignans, isoflavones and saponins mechanically extracted from soy.

Supplement Facts: Serving size: 3 capsules.

Servings 40. **Amount per serving:** **Calories** 21, **Calories from fat** 21, **Total Fat** 2 g (4% DV), **Saturated Fat** 245 mg (1% DV), **Polyunsaturated Fat** 1.5 g, **Omega-3** 1050 mg (†), **Omega-6** 460 mg (†), **Gamma-Linolenic Acid (GLA)** 18 mg (†), **Monounsaturated Fat** 0.4 g, **Omega-9** 360 mg (†), **Flax Particulate** (containing lignan 486 mg (†), **Saponins** 7 mg (†), **Isoflavones** 6 mg (†), **Rosemary/ Ascorbic Acid Blend** 2 mg (†).

Percent Daily Values (DV) are based on a 2000 calorie diet. (†) Daily Value not established.

Manufactured by
Barlean's Organic Oils

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