

# 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
  - ✓ Use only purified fish oils in natural triglyceride form
  - ✓ Share our profits to help people locally and around the world
- SUPPORTS:**  
**HEART HEALTH\***  
**BRAIN FUNCTION\***  
**JOINTS & BONES\***

### 3x Better Absorption

Our special emulsified formula is absorbed better than traditional fish 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

**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.

• CITRUS SORBET •

ESTD 1989  
**BARLEAN'S**

• SERIOUSLY DELICIOUS •

# OMEGA-3

FROM FISH OIL

OMEGA-3  
EPA/DHA **1,500mg**



**TASTE THE FRUIT,  
NOT THE FISH.**

**DAIRY FREE  
SUGAR FREE\*\***

\*\* Not a low calorie food



**DIETARY SUPPLEMENT**

**NET WT. 16 oz (1 lb) 454 g**

## Supplement Facts

Serving Size 1 Tbsp (15.9 g)

Servings Per Container 29

|                                  | Amount per serving | % Daily Value |
|----------------------------------|--------------------|---------------|
| Calories                         | 70                 |               |
| Total Fat                        | 6 g                | 7%*           |
| Saturated Fat                    | 2 g                | 9%*           |
| Polyunsaturated Fat              | 2 g                | †             |
| Monounsaturated Fat              | 1.5 g              | †             |
| Cholesterol                      | 35 mg              | 12%           |
| Total Carbohydrate               | 5 g                | 2%*           |
| Total Sugars                     | 0 g                | †             |
| Includes 0g Added Sugars         |                    | 0%*           |
| Sugar Alcohol                    | 4 g                | †             |
| <b>Total Omega-3 Fatty Acids</b> | <b>1700 mg</b>     | <b>†</b>      |
| EPA and DHA                      | 1500 mg            | †             |

\*Percent Daily Values are based on a 2,000 calorie diet.  
†Daily Value not established.

**Ingredients:** Fish oil (anchovy, mackerel, sardine and/or tuna), water, xylitol, glycerine, gum arabic, natural flavors, citric acid, xanthan gum, antioxidant (Vitamin E (as d-alpha tocopherol), green tea extract, rosemary extract, and ascorbyl palmitate), guar gum, beta carotene, sorbic acid.

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

Barleans.com • 800.445.3529

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LA-00265-12



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