

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're still all about creating delicious ways to deliver essential nutrition.

SWEET TASTE & CREAMY TEXTURE
NO ARTIFICIAL FLAVORS OR COLORS

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.

Learn more about a Pathway to a Better Life:

Barleans.com • 800.445.3529

Barlean's® Ferndale, WA 98248



Suggested Use: Adults & children ages 4 and up: 1 Tbsp daily. Great straight or in yogurt, oatmeal or smoothies. Refrigerate after opening. Keep out of reach of children and **never give to pets.**

SHAKE WELL

• MANGO PEACH SMOOTHIE •

ESTD 1989
BARLEAN'S®

• SERIOUSLY DELICIOUS® •

OMEGA-3

FROM FISH OIL

OMEGA-3
EPA/DHA **1,080mg**

+ VITAMIN D



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

**DAIRY FREE
SUGAR FREE****

** Not a low calorie food



DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tbsp (15.9 g)
Servings Per Container 14

	Amount per serving	% Daily Value
Calories	60	
Total Fat	4 g	5%*
Saturated Fat	1.5 g	7%*
Polyunsaturated Fat	1.5 g	†
Monounsaturated Fat	1 g	†
Cholesterol	25 mg	9%
Total Carbohydrate	6 g	2%*
Total Sugars	0 g	†
Includes 0g Added Sugars		0%*
Sugar Alcohol	5 g	†
Vitamin D	15mcg (600 IU)	75%
Total Omega-3 Fatty Acids	1240 mg	†
EPA and DHA	1080 mg	†

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Ingredients: Water, fish oil (anchovy, mackerel, sardine and/or tuna), xylitol, glycerine, gum arabic, natural flavors, citric acid, xanthan gum, antioxidant blend (Vitamin E (as d-alpha tocopherol), green tea extract, rosemary extract, and ascorbyl palmitate), guar gum, beta carotene, vegetable juice, sorbic acid, Vitamin D3 (as cholecalciferol).

LA-00257-14

PRODUCT OF U.S.A.

NET WT. 8 oz / 227 g

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