

# 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 oils or softgels, so you get more of the Omega-3s and GLA you're after.

### 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

• ORANGE CRÈME •



• SERIOUSLY DELICIOUS® •

# TOTAL OMEGA®

FROM FISH, FLAX + BORAGE OILS

## OMEGA 3-6-9 2,400 mg



TASTE THE FRUIT,  
NOT THE FISH.

DAIRY FREE  
SUGAR FREE\*\*

\*\* Not a low calorie food



DIETARY SUPPLEMENT

NET WT. 8 oz / 227 g

## Supplement Facts

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

	Amount per serving	% Daily Value
Calories	60	
Total Fat	4.5 g	6%*
Saturated Fat	1 g	6%*
Polyunsaturated Fat	2.5 g	†
Monounsaturated Fat	1 g	†
Cholesterol	15 mg	5%
Total Carbohydrate	5 g	2%*
Total Sugars	0 g	†
Includes 0g Added Sugars		0%*
Sugar Alcohol	4 g	†

### Omega-3 Polyunsaturated Fat

Alpha Linolenic Acid (ALA)	700 mg	†
EPA and DHA	600 mg	†

### Omega-6 Polyunsaturated Fat

Linoleic Acid (LA)	530 mg	†
Gamma Linolenic Acid (GLA)	200 mg	†

### Omega-9 Monounsaturated Fat

Oleic Acid	370 mg	†
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\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
†Daily Value (DV) not established.

**Ingredients:** Water, Total Omega® Oil Blend (fish oil (anchovy, mackerel, sardine and/or tuna), flaxseed oil, and borage oil), xylitol, glycerine, gum arabic, natural flavors, citric acid, xanthan gum, antioxidant blend (Vitamin E (as d-alpha tocopherol), rosemary extract, ascorbyl palmitate, and green tea extract), guar gum, beta carotene, sorbic acid.

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