

Leading "Complete" EFA product

- Masterfully Blended - from Organic Flax Oil and Borage Oil
- Optimally formulated - to balance Omega-3,6,9
- Complete Omega-3,6,9 EFA nutrition

Freshest & Most Nutritious - Naturally!

- Cold Pressed Fresh Daily™
- Wholesome, Fresh Taste
- Freshness Dated - maximum freshness and potency
- Pure, unfiltered & unrefined

Nurture and nourish your body with Barlean's Omega-Twin, fresh from our handcrafted press and abundant in vital Omega-3, 6 and 9 fatty acids. Each drop is pure and pristine, unrefined and unfiltered to bring you vibrant health and energy!

SUGGESTED USE: 1-2 Tbsp. daily. Can be taken straight or mixed into salad dressings, yogurt, oatmeal, cottage cheese or blended beverages. Refrigerate for quality. Freezing will extend shelf life up to one year.

Keep out of reach of children.



100% SATISFACTION GUARANTEED

Bruce Barlean
FRESHNESS DATING

FLAX FRESH PRESSED

NOV 03 11

FRESHEST BEFORE

MAY 03 12 640

ESTD 1989

BARLEAN'S
ORGANIC OILS



Balance

OMEGA TWIN

MADE WITH
ORGANIC FLAX OIL

PURE BORAGE OIL

UNREFINED & UNFILTERED

COLD PRESSED
FRESH DAILY™

COMPLETE
3-6-9 NUTRITION

12 FL.OZ / 350 ML

INGREDIENTS: 100% unrefined, unfiltered organic flaxseed oil and herbicide and pesticide-free borage seed oil.

Supplement Facts

Serving Size 1 Tbsp (15 ml)

Servings Per Container 24

Amount Per Serving

Calories 120 **Calories from Fat** 120

	% Daily Value*
Total Fat 14 g	22%
Saturated Fat 1 g	5%

Polyunsaturated Fat 9.6 g	†
----------------------------------	---

Omega-3 6415 mg	†
-----------------	---

Omega-6 2700 mg	†
-----------------	---

Gamma-Linolenic 510 mg	†
------------------------	---

Monounsaturated Fat 2.5 g	†
----------------------------------	---

Omega-9 2470 mg	†
-----------------	---

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

†Daily Value not established.

For more information
please write to:

Barlean's Organic Oils
4936 Lake Terrell Road
Ferndale, WA 98248

800/445-3529
www.barleans.com

PRODUCT OF U.S.A.



Certified Organic
by QAI

