

**Nurture & Nourish Your Body with**  
Barlean's Omega Twin abundant in vital Omega-3, 6  
and 9 for your vibrant health and energy!

**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

**Barlean's Organic Oils**

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Ferndale, WA 98248

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www.barleans.com

PRODUCT OF U.S.A.

100% SATISFACTION GUARANTEED

*Bruce Barlean*  
FRESHEST BEFORE

4 LOT 0034  
EXP DEC 2012



ESTD 1989

**BARLEAN'S**  
ORGANIC OILS



COLD  
PRESSED

GLA RICH

*Balance*

**OMEGA TWIN**

MADE WITH ORGANIC  
FLAX & BORAGE OIL

60 Softgels / 1000 mg ea.

COMPLETE  
3-6-9  
NUTRITION

**Supplement Facts**

Serving Size 3 Softgels (3.0 g)

Servings Per Container 20

Amount Per Serving

Calories 27    Calories from Fat 27

% Daily Value\*

Total Fat 3 g    5%

Saturated Fat 0.3 g    1%

Polyunsaturated Fat 2 g    †

Omega-3 1365 mg    †

Omega-6 570 mg    †

Gamma-Linolenic 105 mg    †

Monounsaturated Fat 0.5 g    †

Omega-9 525 mg    †

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

† Daily Value not established.

**INGREDIENTS:** Each light-resistant caramel-coated gelatin softgel contains 100% unrefined, unfiltered organic flaxseed oil, herbicide and pesticide-free Borage Oil. **SUGGESTED USE:** Take 3-9 softgels, 3 times a day.