

The Essential Woman – Nurture and Nourish Your Beauty from Within

Outward beauty is a reflection of inner health. Radiant glowing skin, lustrous hair and strong nails signify vibrant health*. Female hormones, delicately balanced, provide freedom from monthly or mid-life discomforts and beauty in full bloom*. The Essential Woman is derived from seeds of botanical flowers, such as evening primrose and flax, as well as special plant extracts revered for their beautifying and balancing qualities.

- Created to nurture, nourish and moisturize from the inside out*
- Created for all women interested in radiant health, beauty and energy*
- Contains vital and essential omegas 3, 6, 9 and gamma-linolenic acid
- Created for all women interested in maintaining hormonal harmony*

SUGGESTED USE: 1 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.

SHAKE WELL. Natural settling may occur. Stirring suggested to fully disperse flax particulate.

Keep out of reach of children.

* 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.

100% SATISFACTION GUARANTEED

Bruce Barlean
FRESHNESS DATING

FLAX FRESH PRESSED

OCT 12 11

FRESHEST BEFORE

APR 12 12 2515

ESTD 1989



Nurture

— THE — ESSENTIAL WOMAN

*Beauty & Balance
From Within*

MADE WITH ORGANIC
EVENING PRIMROSE
& FLAXSEED OIL

LIGNANS, ISOFLAVONES
AND ROSEMARY

12 FL.OZ / 350 ML

Supplement Facts

Serving Size 1 Tbsp (15 ml)

Servings Per Container 25

Amount Per Serving	% Daily Value*
Calories 110	Calories from Fat 95
Total Fat 11g	15%
Saturated Fat 1 g	5%
Polyunsaturated Fat 7.5 g	
Monounsaturated Fat 1.5 g	
Dietary Fiber 1 g	4%
Omega-3 5115 mg	†
Omega-6 2330 mg	†
Gamma-Linolenic Acid (GLA) 100 mg	†
Omega-9 1488 mg	†
Lignan (SDG) 4-22 mg	†
Saponins 55 mg	†
Isoflavones 45 mg	†
Rosemary/Ascorbic Acid Blend 20 mg	†

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

† Daily Value not established.

INGREDIENTS: Organic flaxseed oil, organic evening primrose oil, flaxseed particulate containing lignans, isoflavones and saponins mechanically extracted from soy, rosemary and ascorbic acid (to ensure freshness).

GMO FREE

For more information
please write to:

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