

The Essential Woman – Nurture & 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.*

- Nurture, nourish and moisturize from the inside out*
- For women interested in maintaining hormonal harmony*
- With vital and essential omegas 3,6,9 and GLA

*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.



GMO FREE

Barlean's Organic Oils

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Ferndale, WA 98248

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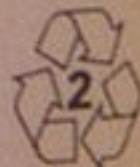
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100% SATISFACTION GUARANTEED

Bruce Barlean
FRESHNESS BEFORE

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BARLEAN'S

ORGANIC OILS



THE ESSENTIAL WOMAN

SUPPLEMENT

Beauty & Balance From Within

60 Softgels / 1000 mg ea.

Supplement Facts

Serving Size 3 Softgels (3.0 g)

Servings Per Container 20

Amount Per Serving	% Daily Value*
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Calories 20	Calories from Fat 20
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Total Fat 2 g	3%
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Saturated Fat <0.5 g	1%
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Polyunsaturated Fat 1.5 g	†
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Monounsaturated Fat 0.4 g	†
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Omega-3 1050 mg	†
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Omega-6 460 mg	†
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Gamma-Linolenic Acid (GLA) 18 mg	†
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Omega-9 360 mg	†
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Lignan (SDG) 1-5 mg	†
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Saponins 7 mg	†
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Isoflavones 6 mg	†
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Rosemary/Ascorbic Acid Blend 2 mg	
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* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

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

SUGGESTED USE: 3-9 softgels per day, with or without meals.