

Barlean's Essential Woman Swirl is designed for women interested in radiant health, hormonal harmony, beauty and energy - now with the delicious taste and texture of a chocolate mint smoothie!

Balanced hormones create a sense of well-being and vitality. Radiant glowing skin, lustrous hair and strong nails are a sign of vibrant inner health. The Essential Woman Swirl is derived from seeds of botanical flowers such as evening primrose and flax, as well as special plant phytonutrients, all recognized 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*
- Created for all women interested in maintaining hormonal harmony*
- Contains vital and essential Omega-3, 6 & 9 fatty acids and gamma-linolenic acid (GLA)
- Gluten Free, Sugar-Free, Soy Free, Non-GMO

SUGGESTED USE: 1 Tbsp. daily. Can be taken straight or mixed into beverages, oatmeal or yogurt.

Refrigerate for quality.

SHAKE WELL. Keep out of reach of children. Do not give to pets.



*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

ESTD 1989



Chocolate Mint

THE ESSENTIAL WOMAN

SUPPLEMENT

Swirl

Smoothie Taste
and Texture

100% Vegan

Fresh Pressed
Flaxseed Oil

Fresh Pressed
Evening Primrose Oil
Lignans

TASTES GREAT!

NET WT. 16 OZ./454 g

Supplement Facts

Serving Size 1 Tbsp (15 mL)
Servings Per Container 29

Amount Per Serving	% Daily Value
Calories 60	
Calories from Fat 45	
Total Fat 5 g	8%*
Saturated Fat 0.5 g	3%*
Trans Fat 0 g	†
Polyunsaturated Fat 3.5 g	†
Monounsaturated Fat 1 g	†
Cholesterol 0 mg	<1%
Total Carbohydrate 6 g	2%*
Sugars 0 g	†
Vitamin E 6 IU	20%
Omega-3 Polyunsaturated Fat:	
Alpha Linolenic Acid (LNA) 2300 mg	144%
Omega-6 Polyunsaturated Fat:	
Linoleic Acid (LA) 1400 mg	†
Gamma Linolenic Acid (GLA) 100 mg	†
Omega-9 Monounsaturated Fat:	
Oleic Acid 740 mg	†
Lignan (SDG) 20 mg	†

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

†Daily Value not established.

INGREDIENTS: Essential Woman Oil Blend (Organic flaxseed oil, evening primrose oil, rosemary extract, ascorbic acid), water, xylitol, glycerine, cocoa powder, gum arabic, natural flavors, SDG lignan (flaxseed SDG, potato maltodextrin), caramel color, xanthan gum, guar gum, sorbic acid, Vitamin E (as d-alpha tocopherol), and ascorbyl palmitate.

For more information please contact:

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