

Barlean's Fresh Catch Fish® Oil is for those who aspire to nutritionally support the optimal structure and function of:

- Joint Mobility & Bone Density*
- Skin, Hair & Nail Health*
- Sexual and Hormonal Health*
- Heart Health*
- Eye Health - Visual Acuity*
- Energy & Endurance*
- Mental Health, Wellness & Acuity*

Barlean's Fresh Catch is a pure & pristine source of purified pharmaceutical grade fish oil providing optimal levels of EPA and DHA to bring you vibrant health and energy.

Purity Guaranteed - Ultra Purified. Free of mercury, lead, PCBs and other contaminants.

SUGGESTED USE: 1 tsp. daily with a meal. Refrigerate for quality. A cloudy appearance is natural.

SHAKE WELL.

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.

Fresh Catch Fish Oils are in a class of their own. We choose to date our fish oils 6 months (not up to 3 years) to ensure the very freshest fish oil available.

FRESHNESS DATING

BOTTLED ON
JUN 13 11

FRESHEST BEFORE
DEC 13 11 435

ESTD 1989

BARLEAN'S
ORGANIC OILS



Fresh Catch®

FISH OIL

SUPPLEMENT

OMEGA-3 • EPA/DHA

Ultra-Purified
Pharmaceutical
Grade

Guaranteed
Best Tasting

ORANGE FLAVOR

THE FRESHEST FISH OIL • SEE WHY!

8 FL. OZ / 236 mL

Supplement Facts

Serving Size 1 Tsp. (5 ml)

Servings per Container 47

Amount Per Serving	
Calories 45	Calories from Fat 45
% Daily Value*	
Total Fat 4.5 g	8%
Saturated Fat 1.5 g	8%
Polyunsaturated Fat 2 g	†
Monounsaturated Fat 1 g	†
Cholesterol 2 mg	1%
Vitamin E Natural (d-alpha tocopherol) 5 IU	16%

Omega-3 Polyunsaturated Fat

Eicosapentaenoic Acid (EPA) 850 mg	†
Docosahexaenoic Acid (DHA) 550 mg	†
Other Omega-3 Fatty Acids 340 mg	†

Omega-6 Polyunsaturated Fat

Linoleic Acid (LA) 50 mg	†
Other Omega-6 Fatty Acids 90 mg	†

Omega-9 Monounsaturated Fat

Oleic Acid 510 mg	†
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* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

INGREDIENTS: Pure & pristine, ultra-purified cold water deep-sea fish oil from anchovy, sardine and mackerel, natural citrus flavoring, FreshLok™ antioxidant containing rosemary extract, ascorbyl palmitate, ascorbic acid, soy lecithin, sunflower lecithin and d-alpha tocopherol to ensure freshness.

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

800/445-3529 • barleans.com



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