

## IDEAL CONCENTRATION, PURITY & SUSTAINABILITY

### ✓ IDEAL Super-Concentrated

**Formulation:** Delivers a proven, super-concentrated 1,030 mg Omega-3 in a single fish gelatin softgel.

### ✓ IDEAL Freshness & Purity:

Derived from fish caught in the pristine, icy waters of Alaska, pure and potent Barlean's Ideal Omega has received the coveted 5 Star Rating from IFOS, an accredited third-party certification program.

### ✓ IDEAL Sustainability &

**Earth-Friendliness:** Ideal Omega is certified to rigorous Marine Stewardship Council (MSC) standards, which ensure that marine populations and ecosystems remain healthy for future generations.



[www.ifosprogram.com](http://www.ifosprogram.com)

My family is proud to bring you the finest seafood products, while always remaining mindful of our environment.

With gratitude, *Bruce Barlean*

## PROVEN NUTRITION

### Barlean's Ideal Omega offers you PROVEN NUTRITION.

Ideal Omega is clinically proven to increase Omega-3 levels in the bloodstream and muscle tissue of humans.

Ultra-purified and molecularly distilled Ideal Omega has been designed to give you an optimal dose of super-charged Omega-3 in just one fish gelatin softgel per day.

Barlean's Ideal Omega is formulated for those who aspire to support the structure and function of:\*

Heart Health

Cognitive Function

Visual Acuity

Positive Mood



### PROVE IT TO YOURSELF:

To learn more about the clinical effectiveness of Ideal Omega and find out how you can measure your own Omega Blood Count. Go to [barleans.com/Idealomega](http://barleans.com/Idealomega)

From an MSC certified sustainable fishery. [www.msc.org](http://www.msc.org)

\*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.



# Ideal Omega<sup>3</sup>

SUPPLEMENT

1,000 mg EPA/DHA in  
just one fish softgel

PHARMACEUTICAL GRADE

EPA : 750 mg  
DHA : 250 mg  
DPA : 30 mg

CERTIFIED  
SUSTAINABLE  
SEAFOOD  
MSC  
[www.msc.org](http://www.msc.org)



SF-C-1422

## Supports Heart, Mind and Mood\*

30 Orange Flavored Fish Softgels

SUGGESTED USE: 1 softgel daily with a meal.

## Supplement Facts

Serving Size 1 Softgel (1,250 mg)  
Servings Per Container 30

Amount Per Serving	% Daily Value
Calories 10	
Calories from Fat 10	
Total Fat 1 g	2%*
Saturated Fat 0 g	0%*
Trans Fat 0 g	†
Polyunsaturated Fat 1 g	†
Monounsaturated Fat 0 g	†
Cholesterol 0 mg	0%
Vitamin E 1 IU	3%

### Omega-3 Polyunsaturated Fat:

Eicosapentaenoic Acid (EPA) 750 mg	†
Docosahexaenoic Acid (DHA) 250 mg	†
Docosapentaenoic Acid (DPA) 30 mg	†
Other Omega-3 Fatty Acids 30 mg	†

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
† Daily Value not established.

**INGREDIENTS:** Fish oil (Pollock and Hake), softgel capsule (fish gelatin, glycerine, purified water), natural flavor, natural mixed tocopherol.

**BARLEAN'S ORGANIC OILS**  
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