

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



Each batch tested by IFOS for purity and safety

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

From an MSC certified sustainable fishery. 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 Omega³

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



SF-C-1422

Supports Heart, Mind and Mood*

60 Orange Flavored Fish Softgels 

SUGGESTED USE: 1 softgel daily with a meal.

Supplement Facts

Serving Size 1 Softgel (1,250 mg)
Servings Per Container 60

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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barleans.com