

Barlean's High Potency Omega Man Swirl is the only Omega-3 supplement formulated specifically for men that has the delicious taste and texture of a smoothie.

Now with 1,000 mg of EPA/DHA per serving, Omega Man Swirl combines Barlean's Fresh Catch® Fish Oil, rare Styrian Pumpkin Seed Oil and Maca - long revered as a natural source for energy and endurance - to create the Ultimate Men's Health and Vitality Formula. With the rich and creamy taste of mocha java, just a spoonful a day of Omega Man Swirl provides a supercharged dose of Omega-3 without the fishy taste and oily texture of standard fish oil.

PROVEN MORE ABSORBABLE: Barlean's Omega Man Swirl is micronized for rapid and complete digestion, making it 9-times more absorbable than typical fish oil.

- Great Tasting, All-Natural Flavor
- Gluten-Free, Sugar-Free, Non-GMO

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



Mocha Java

OMEGA
MAN

OMEGA-3 Fish Oil SUPPLEMENT

Swirl

Smoothie Taste
and Texture

EPA/DHA
1,000 mg
PER SERVING

Styrian Pumpkin
Seed Oil

Maca

Superior
Absorbability

NET WT. 8 OZ./227 g

Supplement Facts

Serving Size 1 Tbsp (15 mL)

Servings Per Container 14

Amount Per Serving	% Daily Value
Calories 60	
Calories from Fat 40	
Total Fat 4.5 g	7%*
Saturated Fat 1 g	5%*
Trans Fat 0 g	†
Polyunsaturated Fat 2 g	†
Monounsaturated Fat 1 g	†
Cholesterol 25 mg	8%
Total Carbohydrate 6 g	2%*
Sugars 0 g	†
Vitamin E 6 IU	20%

Omega-3 Polyunsaturated Fat:

Eicosapentaenoic Acid (EPA) 600 mg	†
Docosahexaenoic Acid (DHA) 400 mg	†
Alpha-Linolenic Acid (LNA) 30 mg	†
Docosapentaenoic Acid (DPA) 80 mg	†
Other Omega-3 Fatty Acids 140 mg	†

Omega-6 Polyunsaturated Fat:

Linoleic Acid (LA) 300 mg	†
Other Omega-6 Fatty Acids 110 mg	†

Omega-9 Monounsaturated Fat

Oleic Acid 470 mg	†
Styrian Pumpkin Seed Oil 500 mg	†
Maca Extract 4:1 300 mg	†

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

INGREDIENTS: Water, Omega Man Oil Blend (fish oil (Anchovy, Sardine and/or Mackerel), Styrian pumpkin seed oil), xylitol, glycerine, natural flavors, gum arabic, maca extract 4:1, cocoa powder, decaffeinated coffee extract, decaffeinated coffee powder, sunflower lecithin, xanthan gum, guar gum, antioxidant blend (sodium ascorbate, pea protein, green tea, Vitamin E (as d-alpha tocopherol), ascorbyl palmitate, and maltodextrin), sorbic acid.

For more information please contact:

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