

TOTAL OMEGA – Your Complete Omega Nutrition Source

- Tastes Great - Natural Lemonade Flavor
- A Balanced Source of Omega-3, 6 & 9
- Formulated for Optimal Dosage & Synergy
- Fresh Pressed Flaxseed & Borage Oil
- Ultra-Purified – Fresh Catch Fish Oil
- Omega-3s... LNA, EPA, DHA
- Omega-6s... LA, GLA
- Omega-9... Oleic Acid

SUGGESTED USE:

3 softgels per day, with or without a meal.

Barlean's Organic Oils

4936 Lake Terrell Road, Ferndale, WA 98248

800/445-3529 • barleans.com

100% SATISFACTION GUARANTEED

Bruce Barlean
FRESHEST BEFORE

11 LOT 1071
EXP JUN 2013



67700

ESTD 1989

BARLEAN'S
ORGANIC OILS



Master Blend

TOTAL OMEGA

3 · 6 · 9

COMPLETE OMEGA NUTRITION

90 Softgels / 1000 mg ea.



Supplement Facts

Serving Size 3 Softgels (3 g)

Servings Per Container 30

Amount Per Serving	% Daily Value*
Calories 30	Calories from Fat 30
Total Fat 3 g	5%
Saturated Fat 256 mg	2%
Cholesterol 5 mg	2%
Vitamin E Natural 3 IU	10%

Omega-3 Polyunsaturated Fat

Alpha Linolenic Acid (LNA) 548 mg †

Eicosapentaenoic Acid (EPA) 390 mg †

Docosahexaenoic Acid (DHA) 200 mg †

Omega-6 Polyunsaturated Fat

Linoleic Acid (LA) 562 mg †

Gamma-Linolenic Acid (GLA) 220 mg †

Omega-9 Monounsaturated Fat

Oleic Acid 392 mg †

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

†Daily Value not established.

INGREDIENTS: Ultra-purified fish oil, herbicide and pesticide free borage seed oil, organic flaxseed oil, caramel colored gelatin softgel, natural citrus flavor and natural Vitamin E.