

TOTAL OMEGA— Your Complete Omega Nutrition Source

- Tastes Great — Natural Lemonade Flavor
- A Complete and Balanced Source of Omega-3, 6 and 9
- Formulated for Optimal Dosage & Synergy

The Best of Barlean's

- Fresh, Pure & Pristine Omegas
 - Fresh Pressed Flaxseed and Borage Oil
 - Ultra-Purified — Fresh Catch Fish Oil
- Free of lead, mercury & other contaminants

Total Omega provides optimal levels of nature's most vital and essential Omega-3, 6 and 9 fatty acids for your vibrant health and energy!

Total Omega Nutrition

- Omega-3s . . . LNA, EPA, DHA
- Omega-6s . . . LA, GLA
- Omega-9 . . . Oleic Acid

SUGGESTED USE: 1 Tbsp. daily. Can be taken straight or mixed into juice, yogurt, oatmeal, cottage cheese or blended beverages. Refrigerate for quality. Freezing will extend shelf life up to one year.

SHAKE WELL.

Keep out of reach of children.



100% SATISFACTION GUARANTEED

Bruce Barlean

FRESHNESS DATING

BOTTLED ON
OCT 21 11

FRESHEST BEFORE
APR 21 12 461

ESTD 1989

BARLEAN'S

ORGANIC OILS



Master Blend

TOTAL OMEGA

3.6.9

Land & Sea Omega Source

MADE WITH
ORGANIC FLAXSEED OIL
FRESH CATCH FISH OIL
PURE BORAGE OIL



COMPLETE 3.6.9 NUTRITION

16 FL.OZ / 473 ML

Supplement Facts

Serving Size 1 Tbsp (15 ml)
Servings Per Container 32

Amount Per Serving

Calories 120

Calories from Fat 120

% Daily Value*

Total Fat 14 g 22%

Saturated Fat 1.5 g 8%

Cholesterol 6 mg 2%

Vitamin E Natural
(d-alpha Tocopherol) 2 IU 7%

Omega-3 Polyunsaturated Fat

Alpha Linolenic Acid (LNA) 6080 mg †

Eicosapentaenoic Acid (EPA) 360 mg †

Docosahexaenoic Acid (DHA) 240 mg †

Omega-6 Polyunsaturated Fat

Linoleic Acid (LA) 2135 mg †

Gamma-Linolenic Acid (GLA) 220 mg †

Omega-9 Monounsaturated Fat

Oleic Acid 2300 mg †

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

†Daily Value not established.

INGREDIENTS: Unrefined, unfiltered organic flaxseed oil, ultra-purified fish oil, herbicide and pesticide free borage seed oil, natural lemonade flavoring, mixed natural tocopherols and Vitamin C to ensure freshness.

CONTAINS SOY.

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

800/445-3529
barleans.com

PRODUCT OF U.S.A.

Certified
Organic by
Quality
Assurance
International
(QAI)



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