

TOTAL OMEGA SWIRL:
*Your Complete and Balanced
Omega Nutrition Source*

Now with the taste and texture of a
delicious orange cream smoothie!

The Best of Barlean's

- Fresh, Pure & Pristine Omegas
- Fresh Pressed Flaxseed and Borage Oil
- Ultra-Purified Fresh Catch™ Fish Oil
- Third party laboratory tested - free of harmful environmental contaminants

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

Total Omega Nutrition

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

SUGGESTED USE:

Adult dosage: 1-2 Tbsp. daily.
Child's dosage (4 yrs. and older): 2 tsp. daily.
Can be taken straight or mixed into beverages,
yogurt, oatmeal, ice cream or dressings.
Refrigerate for quality.

SHAKE WELL.

Keep out of reach of children.
Do not give to pets.



100% SATISFACTION GUARANTEED

Bruce Barlean
FRESHNESS DATING

CREATED ON FRESHEST BEFORE
JUN-16-11 DEC-16-11 59

ESTD 1989



Orange Cream

TOTAL OMEGA

3.6.9

Swirl

Smoothie Taste
and Texture

Made with

Fresh Catch® EPA & DHA

Organic Flax Oil

Pure Borage Oil

Tastes Great!

NET WT. 16 OZ/454 g

Supplement Facts

Serving Size 1 Tbsp (15 ml)
Servings Per Container 30

Amount Per Serving	
Calories 70	Calories from Fat 45
% Daily Value*	
Total Fat 5 g	8%
Saturated Fat 1 g	5%
Trans Fat 0 g	†
Polyunsaturated Fat 2.5 g	†
Monounsaturated Fat 1.5 g	†
Cholesterol 10 mg	5%
Sodium 0 mg	0%
Total Carbohydrate 5 g	2%
Sugars 0 g	†
Vitamin A 800 IU	16%
Vitamin E 4 IU	13%
Omega-3 Polyunsaturated Fat	
Alpha Linolenic Acid (LNA) 710 mg	†
Eicosapentaenoic Acid (EPA) 300 mg	†
Docosahexaenoic Acid (DHA) 300 mg	†
Other Omega-3 Fatty Acids 245 mg	†
Omega-6 Polyunsaturated Fat	
Linoleic Acid (LA) 660 mg	†
Gamma Linolenic Acid (GLA) 200 mg	†
Other Omega-6 Fatty Acids 20 mg	†
Omega-9 Monounsaturated Fat	
Oleic Acid 840 mg	†
Other Omega-9 Fatty Acids 200 mg	†

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

INGREDIENTS: Total Omega Oil Blend (Salmon oil
and/or Cod Liver oil, organic flax oil, borage oil),
water, xylitol, glycerine, gum arabic, natural flavors,
citric acid, xanthan gum, guar gum, beta carotene
(for color), Vitamin E (as d-alpha tocopherol) and
ascorbyl palmitate to ensure freshness.

For more information please contact:

Barlean's Organic Oils
4936 Lake Terrell Road
Ferndale, Washington 98248
800/445-3529 • barleans.com



69230-02

7 05875 00027 7

PRODUCT OF U.S.A.