

**BARLEAN'S ESSENTIAL WOMAN SWIRL:
HEALTH & BEAUTY FROM THE INSIDE OUT**

Barlean's Essential Woman Swirl is ideal for women interested in supporting hormonal harmony, luxurious hair, radiant skin and strong nails.* Our proprietary, superior-absorption formula contains flaxseed and evening primrose oils, as well as special plant phytonutrients.

- Proprietary Amplified Absorption™‡ Emulsification Technology
- Contains vital and essential omegas 3, 6, 9 and Gamma Linolenic Acid (GLA)
- No Sugar: Naturally Sweetened with Xylitol
- Delicious Smoothie Taste & Texture
- No Artificial Flavors or Colors
- **Gluten Free, Non-GMO**

‡ AMPLIFIED ABSORPTION™

Barlean's proprietary emulsification technology is designed to boost absorption and deliver significantly more nutritional value than standard supplements.

SUGGESTED USE: 1 Tbsp daily. Can be taken straight or mixed into juice, yogurt, oatmeal, cottage cheese or blended beverages. 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.



FRESHNESS DATING



ESTD 1989



Omega Swirl

**ESSENTIAL
WOMAN**

SUPPLEMENT

**Made with
Flaxseed Oil and
Evening Primrose Oil**

VEGAN FORMULA

Smoothie Taste and Texture

CHOCOLATE MINT



NET WT. 8 oz / 227 g

Supplement Facts

Serving Size 1 Tbsp (15 mL)
Servings Per Container 14

	Amount Per Serving	% Daily Value
Calories	70	
Calories from Fat	45	
Total Fat	5 g	8%*
Saturated Fat	0.5 g	3%*
Polyunsaturated Fat	3.5 g	†
Monounsaturated Fat	1 g	†
Total Carbohydrate	6 g	2%*
Vitamin E	6 IU	20%
Omega-3 Polyunsaturated Fat		
Alpha Linolenic Acid (LNA)	2300 mg	†
Omega-6 Polyunsaturated Fat		
Linoleic Acid (LA)	1350 mg	†
Gamma Linolenic Acid (GLA)	100 mg	†
Omega-9 Monounsaturated Fat		
Oleic Acid	750 mg	†
Lignans (SDG)	20 mg	†

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

INGREDIENTS: Essential Woman oil blend (flaxseed oil, evening primrose oil, rosemary extract, and ascorbic acid), water, xylitol, glycerine, cocoa powder (processed with alkali), gum arabic, natural flavors, SDG lignan (flaxseed SDG and potato maltodextrin), caramel color, xanthan gum, guar gum, sorbic acid, Vitamin E (as d-alpha tocopherol), and ascorbyl palmitate.

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TO A BETTER LIFE:**

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