

Barlean's Essential Woman is designed for women interested in radiant health, hormonal harmony, beauty and energy.

Balanced hormones create a sense of well-being and vitality. Radiant glowing skin, lustrous hair and strong nails are a sign of vibrant inner health. Essential Woman is derived from seeds of botanical flowers such as evening primrose and flax, as well as special plant phytonutrients, all recognized for their beautifying and balancing qualities.

- Created to nurture, nourish and moisturize from the inside out*
- Created for all women interested in radiant health, beauty and energy*
- Contains vital and essential omegas 3, 6, 9 and gamma-linolenic acid
- Non-GMO

SUGGESTED USE: 1 Tbsp. daily. Can be taken straight or mixed into salad dressings, yogurt, oatmeal, cottage cheese or blended beverages. Refrigerate for quality.

SHAKE WELL. Natural settling may occur. Stirring suggested to fully disperse flax particulate. Keep out of reach of children.

* 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



Nurture

ESSENTIAL WOMAN

SUPPLEMENT

BEAUTY & BALANCE
FROM WITHIN

MADE WITH ORGANIC
LIGNAN FLAXSEED &
EVENING PRIMROSE OIL

VEGAN FORMULA

12 fl oz / 355 mL

Supplement Facts

Serving Size 1 Tbsp (15 mL)
Servings Per Container 24

	Amount Per Serving	% Daily Value
Calories	110	
Calories from Fat	110	
Total Fat	12g	18%*
Saturated Fat	1g	5%*
Polyunsaturated Fat	9g	†
Monounsaturated Fat	2.5g	†

Omega-3 Polyunsaturated Fat:

Alpha Linolenic Acid (LNA) 6064 mg †

Omega-6 Polyunsaturated Fat:

Linoleic Acid (LA) 2234 mg †

Gamma Linolenic Acid (GLA) 92 mg †

Omega-9 Monounsaturated Fat:

Oleic Acid 1815 mg †

Saponins 23 mg †

Isoflavones 24 mg †

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

† Daily Value not established.

INGREDIENTS: Organic flaxseed oil, soy isoflavones, organic evening primrose oil, organic flaxseed particulate, sunflower oil, rosemary extract, and ascorbic acid.

LEARN MORE ABOUT A
PATHWAY TO A BETTER LIFE:

barleans.com

800/445-3529

Barlean's Ferndale, WA 98248

Certified Organic by QAI



43200-05



PRODUCT OF U.S.A.