

Barlean's Omega-Man™ provides a synergy of essential Omegas and plant actives absent in multi-vitamins and scarce in today's diet.

- Non-GMO, Gluten Free

SUGGESTED USE: 3-9 softgels per day, with or without a meal. Keep bottle tightly closed. Store in a cool, dry place, out of reach of children.



**LEARN MORE ABOUT
A PATHWAY TO A
BETTER LIFE:**

barleans.com

800/445-3529

Barlean's

Ferndale, WA 98248

FRESHNESS DATING



**OMEGA
MAN**

SUPPLEMENT

MEN'S HEALTH & VITALITY FORMULA

120 Softgels

Supplement Facts

Serving Size 3 Softgels (3 g)

Servings Per Container 40

	Amount Per Serving	% Daily Value
Calories	30	
Calories from Fat	25	
Total Fat	2.5 g	4%*
Saturated Fat	0 g	0%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	0.5 g	†

Omega-3 Polyunsaturated Fat:

Alpha Linolenic Acid (LNA) 1290 mg †

Omega-6 Polyunsaturated Fat:

Linoleic Acid (LA) 507 mg †

Omega-9 Monounsaturated Fat:

Oleic Acid 410 mg †

Phospholipid Complex:

Phosphatidylcholine 112 mg †

Plant Phytosterol Complex:	33 mg	†
Beta Sitosterol	14 mg	†
Campesterol	5 mg	†
Stigmasterol	5 mg	†

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

† Daily Value not established.

INGREDIENTS: Organic flaxseed oil, softgel (gelatin, glycerine, water, sorbitol sorbitan solution, and caramel color), soy phospholipid concentrate, organic Styrian pumpkin seed oil, organic flaxseed particulates, plant sterols, and antioxidant blend (sunflower oil, rosemary extract, and ascorbic acid).

