

## OMEGA SWIRL IS AN OMEGA-3 SENSATION!

With more than 2,900 mg of vegan Omega-3 per serving, everyone can enjoy the benefits of a super-efficient dose of Omega-3 nutrition without any oily taste and texture or large capsules. It's the perfect plant-based Omega-3 solution!

- Proprietary Amplified Absorption™‡ Emulsification Technology
- No Artificial Flavors or Colors
- No Sugar: Naturally Sweetened with Xylitol
- Delicious Fruit Smoothie Taste & Texture
- **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:** 1–2 Tbsp daily. Child's dosage (4 yrs. and older): 1 Tbsp. 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.

FROM OUR FAMILY TO YOURS



*Barlean's Family*  
Barlean's

FRESHNESS DATING



ESTD 1989

# BARLEAN'S

PATHWAY TO A BETTER LIFE

## Omega Swirl

# FLAX OIL SUPPLEMENT

## VEGAN OMEGA-3 FORMULA

### Smoothie Taste and Texture

One Tablespoon a Day



## MANGO FUSION

NET WT. 8 oz / 227 g

## Supplement Facts

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

	Amount Per Serving	% Daily Value
Calories	60	
Calories from Fat	45	
Total Fat	5 g	8%*
Saturated Fat	0 g	2%*
Trans Fat	0 g	†
Polyunsaturated Fat	4 g	†
Monounsaturated Fat	1 g	†
Total Carbohydrate	5 g	2%*
Vitamin E	6 IU	20%

### Omega-3 Polyunsaturated Fat:

Alpha Linolenic Acid (LNA) 2968 mg †

### Omega-6 Polyunsaturated Fat:

Linoleic Acid (LA) 739 mg †

### Omega-9 Monounsaturated Fat:

Oleic Acid 864 mg †

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

**INGREDIENTS:** Flax seed oil, water, xylitol, glycerine, gum arabic, natural flavors, citric acid, xanthan gum, guar gum, antioxidant blend (Vitamin E (as d-alpha tocopherol), canola oil, rosemary extract, and ascorbyl palmitate), lycopene and beta carotene, and sorbic acid.

LEARN MORE ABOUT A PATHWAY  
TO A BETTER LIFE:

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