

## OMEGA SWIRL IS AN OMEGA-3 SENSATION!

Now everyone can enjoy the benefits of Omega-3 without the fishy taste and oily texture or swallowing large capsules. It's the perfect solution for the whole family!

- Proprietary Amplified Absorption™<sup>‡</sup> Emulsification Technology
- Made with Barlean's Premium Fresh Catch® Natural Triglyceride Fish Oil
- 720 mg of EPA/DHA Per Serving
- Vitamin D3 - 400 IU
- No Artificial Flavors or Colors
- No Sugar: Naturally Sweetened with Xylitol
- **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.

**PURITY GUARANTEED:** Third party laboratory tested - free of harmful environmental contaminants.

**SUGGESTED USE:** 2 tsp 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.



FRESHNESS DATING



ESTD 1989



# FISH OIL

WITH VITAMIN D

SUPPLEMENT

**EPA/DHA 720 mg  
PER SERVING**

Smoothie Taste and Texture

Two Teaspoons a Day

**MANGO PEACH**

NET WT. 16 oz /454 g

## Supplement Facts

Serving Size 2 tsp (10 mL)

Servings Per Container 43

|                     | Amount Per Serving | % Daily Value |
|---------------------|--------------------|---------------|
| Calories            | 35                 |               |
| Calories from Fat   | 25                 |               |
| Total Fat           | 2.5 g              | 4%*           |
| Saturated Fat       | 0.5 g              | 3%*           |
| Trans Fat           | 0 g                | †             |
| Polysaturated Fat   | 1 g                | †             |
| Monounsaturated Fat | 0.5 g              | †             |
| Cholesterol         | 20 mg              | 7%            |
| Total Carbohydrate  | 4 g                | 1%*           |
| Vitamin D           | 400 IU             | 100%          |
| Vitamin E           | 4 IU               | 13%           |

### Omega-3 Polyunsaturated Fat:

|                             |        |   |
|-----------------------------|--------|---|
| Eicosapentaenoic Acid (EPA) | 440 mg | † |
| Docosahexaenoic Acid (DHA)  | 280 mg | † |
| Other Omega-3 Fatty Acids   | 180 mg | † |

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

**INGREDIENTS:** Water, fish oil (Anchovy, Sardine and/or Mackerel), 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), beta carotene, vegetable juice, sorbic acid, and Vitamin D3 (as cholecalciferol).

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