

OMEGA TWIN
Your Complete Vegan
Omega Nutrition Source

- Fresh Wholesome Taste
- Complete and Balanced Source of Omega-3, 6 and 9
- Formulated for Optimal Dosage & Synergy
- Excellent Source of Lignans

The Best of Barlean's

- Fresh, Pure Omegas
- Fresh Pressed Flaxseed, Borage Oil and Flaxseed Particulate
- Gluten Free
- Non-GMO

Total Omega Nutrition

- Omega-3 LNA
- Omega-6s LA, GLA
- Omega-9 Oleic Acid

SUGGESTED USE: 1-2 Tbsp daily. Can be taken straight or mixed into salad dressings, yogurt, oatmeal, cottage cheese or blended beverages. Refrigerate for quality. Keep out of reach of children.



FRESHNESS DATING

ESTD 1989



Lignan

OMEGA TWIN SUPPLEMENT

**MADE WITH
ORGANIC FLAX OIL**

PURE BORAGE OIL

**ORGANIC FLAXSEED
PARTICULATE**

**VEGAN • NON GMO
GLUTEN FREE**

**COMPLETE 3•6•9
NUTRITION**

12 fl oz / 355 mL

Supplement Facts

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

	Amount Per Serving	%Daily Value
Calories	120	
Calories from Fat	120	
Total Fat	13 g	20%*
Saturated Fat	1.5 g	8%*
Polyunsaturated Fat	9 g	†
Monounsaturated Fat	2.5 g	†

Omega-3 Polyunsaturated Fat:

Alpha Linolenic Acid (LNA) 6010 mg †

Omega-6 Polyunsaturated Fat:

Linoleic Acid (LA) 2330 mg †

Gamma Linolenic Acid (GLA) 465 mg †

Omega-9 Monounsaturated Fat:

Oleic Acid 2140 mg †

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

†Daily Value not established.

INGREDIENTS: Organic flaxseed oil, borage seed oil, and organic flaxseed particulate.

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

barleans.com

800/445-3529

Barlean's Ferndale, WA 98248

Certified Organic by QAI



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