

**TOTAL OMEGA NUTRITION WITH
THE TASTE AND TEXTURE OF A
DELICIOUS FRUIT SMOOTHIE**

The Best of Barlean's

- A Complete and Balanced Source of Omega-3, 6 and 9
- Fresh Pressed Flaxseed and Borage Oil
- Ultra-Purified Fresh Catch® Fish Oil
- Third party laboratory tested - free of harmful environmental contaminants
- 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 Barlean's Family Barlean's
Pure Barlean's

FRESHNESS DATING



ESTD 1989

BARLEAN'S

PATHWAY TO A BETTER LIFE

Omega Swirl

3-6-9

TOTAL OMEGA SUPPLEMENT

Made with Fresh Catch® Fish Oil

Fresh Pressed Flax Oil

Pure Borage Oil

Smoothie Taste and Texture

One Tablespoon a Day

ORANGE CREAM

NET WT. 16 oz / 454 g

Supplement Facts

Serving Size 1 Tbsp (15 mL)
Servings Per Container 29

	Amount Per Serving	% Daily Value
Calories	60	
Calories from Fat	40	
Total Fat	4.5 g	7%*
Saturated Fat	1 g	5%*
Trans Fat	0 g	†
Polysaturated Fat	2.5 g	†
Monounsaturated Fat	1 g	†
Cholesterol	15 mg	5%
Total Carbohydrate	5 g	2%*
Vitamin E	6 IU	20%
Omega-3 Polyunsaturated Fat:		
Alpha Linolenic Acid (LNA)	700 mg	†
Eicosapentaenoic Acid (EPA)	365 mg	†
Docosahexaenoic Acid (DHA)	235 mg	†
Other Omega-3 Fatty Acids	150 mg	†
Omega-6 Polyunsaturated Fat:		
Linoleic Acid (LA)	530 mg	†
Gamma Linolenic Acid (GLA)	200 mg	†
Omega-9 Monounsaturated Fat:		
Oleic Acid	370 mg	†

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

INGREDIENTS: Water, total omega oil blend (fish oil (Anchovy, Sardine and/or Mackerel), flaxseed oil, and borage oil), 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, and sorbic acid.

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

barleans.com • 800/445-3529

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