

TOTAL OMEGA— Your Complete Omega Nutrition Source

- Tastes Great – Natural Lemonade Flavor
- A Complete and Balanced Source of Omega-3, 6 and 9
- Formulated for Optimal Dosage & Synergy

The Best of Barlean's

- Fresh, Pure & Pristine Omegas
- Fresh Pressed Flaxseed and Borage Oil
- Ultra-Purified – Fresh Catch® Fish Oil
Free of lead, mercury & other contaminants
- **Gluten Free, Non-GMO**

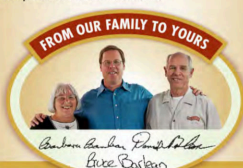
Total Omega Nutrition

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

SUGGESTED USE: 1 Tbsp. 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.



FRESHNESS DATING

ESTD 1989



Master Blend

TOTAL OMEGA

3.6.9

**LAND & SEA
OMEGA SOURCE**

**MADE WITH
ORGANIC FLAXSEED OIL
FRESH CATCH® FISH OIL
PURE BORAGE OIL**



COMPLETE 3.6.9 NUTRITION

16 fl oz / 473 mL

Supplement Facts

Serving Size 1 Tbsp (15 mL)
Servings Per Container 32

	Amount Per Serving	%Daily Value
Calories	120	
Calories from Fat	120	
Total Fat	14 g	22%*
Saturated Fat	2 g	10%*
Polyunsaturated Fat	9 g	†
Monounsaturated Fat	2.5 g	†
Cholesterol	10 mg	3%

Omega-3 Polyunsaturated Fat:

Alpha Linolenic Acid (LNA)	5875 mg	†
Eicosapentaenoic Acid (EPA)	356 mg	†
Docosahexaenoic Acid (DHA)	237 mg	†

Omega-6 Polyunsaturated Fat:

Linoleic Acid (LA)	1817 mg	†
Gamma-Linolenic Acid (GLA)	196 mg	†

Omega-9 Monounsaturated Fat:

Oleic Acid	1870 mg	†
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* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established

INGREDIENTS: Total Omega Oil Blend (organic flaxseed oil; fish oil (Anchovy, Sardine and/or Mackerel), and borage oil), natural flavors, and antioxidant (sunflower lecithin, sunflower oil, natural mixed tocopherols, rosemary extract, ascorbic acid, and citric acid).

LEARN MORE ABOUT A PATHWAY TO A BETTER LIFE:

barleans.com

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