

TOTAL OMEGA – Your Complete Omega Nutrition Source

- Fresh Pressed Flaxseed and Borage Oil
- Ultra Purified Fresh Catch® Fish Oil, Free of lead, mercury & other contaminants
- Omega-3s LNA, EPA, DHA
- Gamma-Linolenic Acid (GLA)
- Non-GMO, Gluten Free

SUGGESTED USE: 3 softgels per day, with or without a meal. Keep out of reach of children. Store in a cool dry place. Keep tightly closed.



FRESHNESS DATING

LEARN MORE ABOUT A
PATHWAY TO A BETTER LIFE:

barleans.com

800/445-3529

Barlean's Ferndale, WA 98248

ESTD 1989



NON-GMO

GLUTEN FREE

Master Blend

TOTAL OMEGA

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COMPLETE OMEGA NUTRITION

90 Softgels



Supplement Facts

Serving Size 3 Softgels (3 g)
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	35	
Calories from Fat	25	
Total Fat	3 g	5%*
Saturated Fat	0.5 g	3%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	0 g	†
Cholesterol	5 mg	2%

Omega-3 Polyunsaturated Fat:

Alpha Linolenic Acid (LNA)	542 mg	†
Eicosapentaenoic Acid (EPA)	400 mg	†
Docosahexaenoic Acid (DHA)	200 mg	†

Omega-6 Polyunsaturated Fat:

Linoleic Acid (LA)	495 mg	†
Gamma Linolenic Acid (GLA)	200 mg	†

Omega-9 Monounsaturated Fat:

Oleic Acid	327 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 (fish oil (Anchovy, Mackerel and/or Sardine), borage oil, flaxseed oil, and natural citrus flavor) and softgel (gelatin, glycerine, water, sorbitol sorbitan solution, and caramel color).



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