

**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
- 100% Vegetarian Plant-Based DHA
- 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.**



FRESHNESS DATING



ESTD 1989



**3-6-9 VEGAN
TOTAL OMEGA SUPPLEMENT**

Fresh Pressed Flaxseed Oil
Plant-Based DHA

Pure Borage Oil

Smoothie Taste and Texture

One Tablespoon a Day

**POMEGRANATE
BLUEBERRY**

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	45	
Total Fat	5 g	8%*
Saturated Fat	1 g	5%*
Polyunsaturated Fat	3.5 g	†
Monounsaturated Fat	1 g	†
Total Carbohydrate	5 g	2%*
Vitamin E	6 IU	20%

Omega-3 Polyunsaturated Fat:

Alpha Linolenic Acid (LNA)	1530 mg	†
Docosahexaenoic Acid (DHA)	130 mg	†

Omega-6 Polyunsaturated Fat:

Linoleic Acid (LA)	1120 mg	†
Gamma Linolenic Acid (GLA)	400 mg	†

Omega-9 Monounsaturated Fat:

Oleic Acid	800 mg	†
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*Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

INGREDIENTS: Total Omega Vegan oil blend (flaxseed oil, borage oil, DHA algal oil, sunflower lecithin, Vitamin E (as d-alpha tocopherol), rosemary extract, and ascorbyl palmitate), water, xylitol, glycerine, gum arabic, natural flavors, vegetable juice, citric acid, xanthan gum, guar gum, and sorbic acid.

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TO A BETTER LIFE:**

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