

# WELL-BEING

## HEALTHY PERFECT BLEND

ESTD 1989



REAL FOOD

ANTIOXIDANTS  
ENERGY

OMEGA-3

COCONUT  
FLAX  
CHIA

# ENERGY BLEND

Flax • Chia • Coconut  
Panax Ginseng  
Omega-3 • Antioxidants • Fiber



NET WT.  
12 oz (340 g)

GINSENG

VITALITY

GREEN ENERGY

# WELL-BEING

## HEALTHY PERFECT BLEND

SUPER FOODS

PERFECT BLEND  
FLAX CHIA COCONUT

Barlean's Energy Blend provides a potent combination of nutrients from whole superfoods to power your active lifestyle. Formulated with traditional energy-producing Panax ginseng, along with organic flaxseed, chia seed and coconut, Energy Blend is a nutritional powerhouse of Omega-3 (ALA), antioxidants and fiber.

**GROUND FLAXSEED:** Our organic ground flaxseed is a natural source of fiber, ALA Omega-3, essential amino acids and lignans.

**UNSWEETENED SHREDDED COCONUT:** A natural source of fiber, minerals, and healthy medium-chain fatty acids (MCTs), unsweetened shredded coconut also contains a range of nutrients.

**CHIA SEED:** These tiny but powerful seeds are revered as a natural appetite suppressant\* and contain dietary fiber, vitamins, minerals and antioxidants.

**PANAX GINSENG:** This root is used traditionally in eastern medicine to support physical endurance and mental acuity without the letdown and side effects of caffeine.\*

- ♦ Certified Organic, Vegan
- ♦ Caffeine Free, Gluten Free, Non-GMO

**SUGGESTED USE:** Sprinkle into oatmeal, smoothies, juices, salads and yogurt to add flavor and texture - or enjoy straight from the bag.

To ensure freshness, refrigerate after opening.

LEARN MORE ABOUT A PATHWAY TO

A BETTER LIFE:

barleans.com

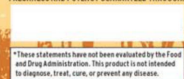
800/445-3529

Barlean's Ferndale, WA 98248

Certified Organic by QAI

US-ORG-050

FRESHNESS AND POTENCY GUARANTEED THROUGH:



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

### Nutrition Facts

Serving Size 1 1/2 Tbsp (12 g)

Servings Per Container 28

Amount Per Serving

Calories 60

Calories from Fat 45

% Daily Value\*

Total Fat 5 g 8%

Saturated Fat 1 g 5%

Trans Fat 0 g

Polysaturated Fat 3 g

Monounsaturated Fat 1 g

Cholesterol 0 mg 0%

Sodium 0 mg 0%

Total Carbohydrate 4 g 1%

Dietary Fiber 3 g 12%

Sugars 0 g

Protein 2 g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 4%

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

Your daily values may be higher or lower depending on your calorie needs.

**INGREDIENTS:** Organic flaxseeds, organic chia seeds, organic coconut, organic Panax ginseng root extract powder.



PRODUCT OF U.S.A.