

ALL ORGANIC-FUEL
HEALTHY PERFECT BLEND

ANTIOXIDANTS
COCONUT
FLAX
BLUEBERRY
RASPBERRY
OMEGA-3



ALL NATURAL
ENERGY

SUPERFRUIT BLEND

Flax • Coconut • Strawberry
Blueberry • Raspberry
Omega-3 • Antioxidants • Fiber



NET WT.
12 oz (340 g)

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FLAX
BLUEBERRY
RASPBERRY
OMEGA-3

Power your day with a boost of essential Omega-3 (ALA), dietary fiber and antioxidants. Barlean's Superfruit Blend is a delicious, all-organic combination of shredded coconut, ground flaxseed and berry powders that are as colorful as they are nutritious.

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.

STRAWBERRY, RASPBERRY & BLUEBERRY POWDERS: This tasty combination of berry powders contains vitamins, minerals and the powerful antioxidants that give berries their vivid color.

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

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



Nutrition Facts

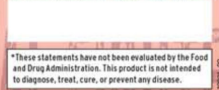
Serving Size 2 Tbsp (12 g)
Servings Per Container 28

Amount Per Serving	
Calories 70	Calories from Fat 50
% Daily Value*	
Total Fat 5 g	8%
Saturated Fat 1.5 g	7%
Trans Fat 0 g	
Polysaturated Fat 3 g	
Monounsaturated Fat 1 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 3 g	1%
Dietary Fiber 3 g	12%
Sugars 0 g	
Protein 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%

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

INGREDIENTS: Organic flaxseeds, organic coconut, organic strawberry powder, organic raspberry powder, organic blueberry powder.

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.

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