

BARLEAN'S

ORGANIC OILS

Fresh Catch[®]

FISH OIL

OMEGA-3 EPA / DHA

SUPPLEMENT

The World's FRESHEST Fish Oil!



- Pharmaceutical Grade
- Ultra-Purified
- Free of PCBs, Dioxins, Arsenic, Cadmium, Lead, Mercury and other contaminants
- Five-Layer Oxidation Protected
- Provides Optimum Levels of EPA and DHA
- Council for Responsible Nutrition Compliant
- Physician Recommended
- International Purity Guideline Compliant
- Laboratory Tested, Certified & Validated free of detectable contaminants

AMERICA'S BEST SELLING
OMEGA-3



Fresh Catch®

FISH OIL SUPPLEMENT

Barlean's Fresh Catch® Fish Oil is a **pristine** source of **ultra-purified** fish oil providing optimal levels of **EPA** and **DHA** to bring you **vibrant health and energy**.

Barlean's Fresh Catch® Fish Oil is for those who aspire to nutritionally support the optimal structure and function of:

- Joint Mobility & Bone Density*
- Skin, Hair & Nail Health*
- Sexual & Hormonal Health*
- Heart Health*
- Healthy Cholesterol Levels*
- Healthy Blood Glucose*
- Eye Health – Visual Acuity*
- Energy & Endurance*
- Mental Health, Wellness and Acuity*

* 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.

Five Layer Oxidation Protection System

guarantees the freshest and most nutritious fish oil:

- 1. Proprietary Fresh Catch® Processing Technology** ensures that oil is free from the damaging effects of heat, light and oxygen.
 - 2. Black Opaque Bottles** suppress light-induced oxidation.
 - 3. Nitrogen Flushed Bottles** suppress oxygen-induced oxidation.
 - 4. FreshLok® Anti-Oxidant Protection** suppresses peroxide-induced oxidation.
 - 5. Recommended Refrigeration for Liquids** suppresses heat induced oxidation.
- Carob Coated Black-Opaque Softgels** suppress light and oxygen induced oxidation.

THE BARLEAN'S FAMILY FISHING HERITAGE

For three generations, my family has created a legacy of providing the country with the freshest, best tasting and most nutritious fish available. My father, Dave Barlean, revolutionized commercial fishing when he adapted the ancient tradition of Indian reef net fishing to our family-owned fishery. This method allows us to capture a select variety of fish, while harmlessly freeing endangered species. The result is the Barlean's Reef Net brand of fresh fish.

We have now extended our fishing legacy to include Barlean's Fresh Catch® Fish Oils. Just like Barlean's fresh-from-the-net seafood, our care, dedication and commitment ensures unsurpassed freshness, purity, optimal nutrition and great taste for your vibrant health.

From Our Family to Yours *Bruce Barlean*

Liquid

Supplement Facts	
Serving Size 1 Tap (5 ml) Servings per Container 47	
Amount Per Serving	% Daily Value*
Calories 45	Calories from Fat 45
Total Fat 4.5 g	9%
Saturated Fat 1.5 g	3%
Polysaturated Fat 2 g	†
Monounsaturated Fat 1 g	†
Cholesterol 15 mg	3%
Vitamin E Natural (d-alpha Tocopherol)	100%
Omega-3 Polysaturated Fat	
Eicosapentaenoic Acid (EPA)	880 mg †
Docosahexaenoic Acid (DHA)	585 mg †
Alpha Linolenic Acid (LNA)	45 mg †
Other Omega-3 Fatty Acids	425 mg †
Omega-6 Polyunsaturated Fat	
Linoleic Acid (LA)	50 mg †
Other Omega-6 Fatty Acids	35 mg †
Omega-9 Monounsaturated Fat	
Oleic Acid	445 mg †
Other Monounsaturated Fatty Acids	651 mg †

SUGGESTED USE:
SHAKE WELL prior to dispensing. One teaspoon daily with a meal. Refrigeration suggested. A cloudy appearance due to refrigeration is natural.

Softgels

Supplement Facts	
Serving Size 2 Softgels (2.0 g) Servings Per Container 50	
Amount Per Serving	% Daily Value*
Calories 18	Calories from Fat 18
Total Fat 2 g	4%
Saturated Fat 0.6 g	1%
Polysaturated Fat 0.8 g	†
Monounsaturated Fat 436 mg	†
Cholesterol 6 mg	1%
Vitamin E Natural (d-alpha Tocopherol)	2 IU 7%
Ascorbyl Palmitate	4 mg †
Omega-3 Polysaturated Fat	
Eicosapentaenoic Acid (EPA)	360 mg †
Docosahexaenoic Acid (DHA)	240 mg †
Alpha Linolenic Acid (LNA)	18 mg †
Other Omega-3 Fatty Acids	162 mg †

SUGGESTED USE:
2 to 6 softgels daily with a meal.

INGREDIENTS: Pure & pristine ultra-purified fish oil harvested from deep-sea, cold water, small bodied fish infused with natural citrus flavoring. FreshLok antioxidant blend consisting of rosemary extract, Ascorbyl Palmitate and d-alpha Tocopherol to ensure freshness. **softgels contain gelatin*

100% GUARANTEED We're so confident that Barlean's will bring you the results you expect, we offer a 100% guarantee on all our products.

FISH OIL LIQUID	8 OZ.
FISH OIL SOFTGELS	100 CT.
FISH OIL SOFTGELS	250 CT.



For more information please contact:

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