

BARLEAN'S SWIRLS

NUTRITION AND
GREAT TASTE COLLIDE



A PATENTED ABSORPTION™ PROCESS
GUARANTEED TO DELIVER 100%

ESTD 1989

BARLEAN'S



PATHWAY TO A BETTER LIFE

Omega Swirl

FISH OIL

WITH VITAMIN D

SUPPLEMENT

EPA/DHA 720 mg
PER SERVING

Smoothie Taste and Texture
Two Teaspoons a Day



MANGO PEACH



WHAT IS BARLEAN'S SWIRL?

NUTRITION THAT TASTES LIKE DESSERT

If you've never tasted Barlean's Swirl, we know what you're thinking: there is no way you can make nutritional supplements - like fish oil - taste like dessert. But it's not only possible, it's delicious!

Gone are the days of big, hard-to-swallow pills. Gone are the days of holding your nose so you can choke down a spoonful of bitter or fishy oil. Barlean's Swirl supplements are emulsified utilizing a proprietary technology which turns standard fish oil, flax oil and a variety of other essential nutrients into sweet, delicious smoothie-like supplements that taste like dessert. **Try it once and you'll never go back to regular pills or standard oils.**

WHY IS IT BETTER? MAXIMUM NUTRITIONAL VALUE

Amplified Absorption™ is Barlean's proprietary emulsification technology that helps you get more out of your supplements. Amplified Absorption™ is designed to boost absorption and assimilation into the bloodstream, delivering significantly more nutritional value than standard supplements.



WHAT ABOUT THE SUGAR?

All swirl formulas are sugar-free; they are sweetened naturally with xylitol, which is found in the fibers of many fruits and vegetables. Xylitol has 40% fewer calories and 75% fewer carbohydrates than refined white sugar. It also has no bad aftertaste and is actually good for your teeth and gums!

HOW CAN I USE IT? ENDLESS POSSIBILITIES

Swirl can be used in so many delicious ways that Barlean's has an entire recipe booklet devoted to it. Many people enjoy it right off the spoon, while others choose to mix it in smoothies, yogurt, cottage cheese or oatmeal. It's also delicious as a topping over desserts or French toast.

Request a free Swirl recipe booklet at (800) 445-3529.

BARLEAN FAMILY RECIPE:

Blackberry Smoothie (serves 2)

Combine: 1 cup almond milk; 7 ice cubes; 1 banana; ½ cup fresh or frozen blueberries; one scoop vanilla protein powder; and 5 Tbs Blackberry Flax Oil Swirl. Blend until smooth.

GREAT FOR THE WHOLE FAMILY

IS IT GOOD FOR KIDS?

Finding supplements that kids actually enjoy is no easy task. Formulated specifically for children, OmegaKids Swirl is so tasty, kids actually want more! Plus it meets Barlean's strict standards for freshness and purity and is naturally sugar-free.

WHAT ABOUT VEGANS?

Many Swirl formulas are perfect for vegans including: Flax Oil Swirls, Total Omega Vegan Swirl, Essential Woman Swirl, Tonalin CLA Swirl, and MCT Swirl.

MULTIPLE FORMULAS, MULTIPLE FLAVORS

Barlean's Swirls are available in fish oil, flax oil and combination formulas - including men's, women's and kid's options. Ingredient-specific specialty formulas include CoQ10, MCT, Tonalin CLA, super-concentrated Omega-7 Heart and Joint formulas and many more.