

ANUTRA® vs. FISH OIL & FLAX

SERVING SIZE: 15g	ANUTRA®	FISH OIL	FLAX
Protein (usable)	2.7g	0	1.8g
Carbohydrates	5g	0	6g
Dietary Fiber	5g	0	3g
Cholesterol	0g	85mg	0
Omega-3 (ALA)	3,000mg	3,000mg	3,000mg
Phyto Tryptophan	60mg	0	45mg
ORAC (Antioxidants)	75 per g	0	61 per g
Vitamin E	784mcg	0	18mcg
B Vitamins	2,146mcg	0	784mcg
Vitamin C	<375mcg	0	75mcg
Vitamin A	<3 IU	15,000 IU	0
Calcium	78mg	0	30mg
Selenium	11mcg	0	4mcg
Manganese	342mcg	0	30mcg
Chromium	11mcg	0	0
Iron	1,007mcg	0	750mcg
Copper	240mcg	0	150mcg
Vitamin B Interrupter	NO	NO	YES
Thyroid Interrupter	NO	NO	YES
FDA Food Classified	YES	NO	NO

Source for Anutra®: Microbac Labs
Source for fish oil: (USDA SR21) flax: (USDA SR19)
ALSO BETTER THAN SOY, HEMP & WHEAT GERM

SUGGESTED USE: 2½ Tbsp. daily.
Add ground Anutra into your favorite beverages, cereals, yogurt, salads and more. Use ground Anutra or gel in recipes. Always drink plenty of water to ensure full benefits from Anutra.

BEST REFRIGERATED AFTER OPENING

† 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.

INGREDIENTS: 100% natural whole grain raw Anutra® (*Salvia hispanica* L). Pesticide free.

Distributed by: ANUTRA, LLC
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1-888-532-3297 • WWW.ANUTRA.COM
Product of the Americas



Why Is Anutra® Better Than Fish Oil & Flax?

- Anutra Grain's Nutritional Profile is far superior to any other whole food plant or animal
- Anutra® has 50% more usable protein than flax
- 70% more fiber than flax
- Comparable protein to fish, beef, chicken or pork
- 6X more calcium than milk
- More antioxidants than cultivated blueberries
- Anutra® has a neutral taste and digests beautifully with no side effects like fish oil and flax
- Anutra® (*Salvia hispanica* L.) is FDA classified as a regular food - fish oil and flax are not
- Anutra® has a unique gelling property that works well in recipes
- Anutra® contains L Arginine- a vasodilator that reduces blood pressure
- Anutra® contains phyto-tryptophan that reduces appetite
- Anutra® produces tailor made DHA & EPA unlike fish oil or algae
- Anutra® regenerates healthier cells
- Anutra® is the World's most sustainable source of Omega-3s
- Whole flax inherently contains cyanide that is life threatening
- Flax is a thyroid and Vitamin B interrupter that may cause poor health, major birth defects, miscarriage or premature birth

A NEW YOU IN 90 DAYS!

Did you know that every 90 days your body regenerates nearly all its cells (7 to 10 trillion). When you regenerate healthier, stronger, smoother, more elastic cells, you slow the normal aging process. Be the best you can be.

See how **Anutra-sizing** can change your life forever!†

GREAT NEW SUPER CULTIVAR OF AN ANCIENT SEED, CHIA (*Salvia hispanica* L)

BETTER THAN FLAX & FISH OIL

Anutra® Grain

WORLD'S HEALTHIEST WHOLE FOOD™

GLUTEN FREE

HIGHEST AND SAFEST NATURAL SOURCE OF

OMEGA-3s

FIBER, COMPLETE PROTEIN AND OTHER IMPORTANT PHYTO-NUTRIENTS

PER SERVING	3,000mg OMEGA-3's 10X More Than Salmon	1,125 ORAC ANTIOXIDANTS †† 15% More Than Cultivated Blueberries	5g of FIBER 70% More Than Flax	3g of PROTEIN Protein equivalency of Beef, Chicken, Pork & Fish
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DIETARY SUPPLEMENT

NON GMO

NET WT. 16 OZ (454g)

^{††} ANUTRA ORAC (OXYGEN RADICAL ABSORPTION CAPACITY) HYDRO (UMOLE TE/g) VALUE OF 75 PER GRAM, 1,125 PER SERVING

Supplement Facts

Serving Size: 2 1/2 Tbsp. (15 g) Servings Per Container: 30

	Amount per serving	% Daily Value		Amount per serving	% Daily Value
Calories	80		Anutra™		
Calories from fat	45		(<i>Salvia hispanica</i> L)	15 g	**
Total fat	5 g	8%	Amino Acids		
Saturated fat	0.5 g	3%	Alanine	156 mg	**
Trans fat	0 g	**	Arginine	429 mg	**
Polyunsaturated fat	4 g	**	Aspartic Acid	278 mg	**
Monounsaturated fat	0.5 g	**	Cystine	10 mg	**
Cholesterol	0 mg	0%	Glutamic Acid	580 mg	**
Total Carbohydrates	5 g	2%	Glycine	167 mg	**
Dietary fiber	5 g	20%	Histidine	67 mg	**
Insoluble fiber	5 g	**	Iso-Leucine	128 mg	**
Soluble fiber	<0.015 g	**	Leucine	239 mg	**
Sugars	0 g	**	Lysine	224 mg	**
Protein	3 g	7%	Methionine	45 mg	**
Vitamin E (as mixed tocopherols)	0.4 IU	1%	Phenylalanine	251 mg	**
Thiamin	0.2 mg	15%	Proline	144 mg	**
Riboflavin	0.04 mg	2%	Serine	200 mg	**
Niacin (vitamin b3)	1.7 mg	8%	Threonine	125 mg	**
Vitamin B 6	0.07 mg	3%	Tryptophan	60 mg	**
Folate (folic acid)	7.6 mcg	2%	Tyrosine	149 mg	**
Biotin	3 mcg	1%	Valine	152 mg	**
Pantothenic acid	0.1 mg	1%	Essential Fatty Acids		
Calcium	78 mg	8%	Omega-3		
Iron	1 mg	6%	(alpha-linolenic acid)	3,000 mg	**
Phosphorus	93 mg	9%	Omega-6		
Magnesium	35 mg	9%	(linoleic acid)	1,000 mg	**
Zinc	0.7 mg	5%	Omega-9 Fatty Acid		
Selenium	11 mcg	15%	Oleic acid	400 mg	**
Copper	0.2 mg	12%	Phytonutrients		
Manganese	0.3 mg	17%	Phenolic compounds	1,050 mg	**
Chromium	11 mcg	9%	Lignins	1,275mg	**
Potassium	83 mg	2%	Phytic Acid	236 mg	**

*Percent Daily values are based on a 2,000 calorie diet. **Daily value not established.

WORLD'S HEALTHIEST WHOLE FOOD™

0 g TRANS FAT • 0 mg CHOLESTEROL • 0 g SUGAR

Container is reusable and recyclable