



NET WT. 1lb (16 oz) 454g • REFRIGERATE AFTER OPENING

Supplement Facts

Serving Size: 1 Tablespoon (8g)

Servings per container: 56

	Amount per serving	% Daily Value*
Calories	45	
Calories from Fat	25	
Total Fat	2.5g	4%*
Saturated Fat	0g	0%
Polyunsaturated Fat	2.0g	**
Monounsaturated Fat	0.5g	**
Cholesterol	0 mg	0%
Total Carbohydrates	3g	1%
Total Dietary Fiber	2.5g	10%
Soluble Fiber	0.5g	**
Insoluble Fiber	2.0g	**
Sugars	0g	
Protein	2g	
Vitamin A (90% beta carotene)	55 IU	1%
Vitamin C	0mg	0%
Thiamine (Vitamin B1)	0.1mg	7%
Calcium	22 mg	2%
Iron	0.7 mg	4%
Sodium	0mg	0%
Potassium	60mg	2%
Essential Fatty Acids		
Omega-3	1000mg	**
Omega-6	450mg	**
Omega-9	400mg	**
Hesperidin	80mg	**
Spirulina	8mg	**
Kelp (Macrocystis pyrifuri)	6mg	**

* Percent Daily Values are based on a 2000 calorie diet

**Daily Value not established

You can live a healthier, happier, and longer life if you take charge of your health!

Dr. Bernard M. Collett

OMEGA 3 BASIC is an all natural Super Food Supplement developed to target the nutritional gap between what nature provides and what is available in commercial foods. This masterful blend is formulated using the highest quality **flax seed** in combination with whole foods that deliver a broad spectrum of health-benefiting phytonutrients.

Use daily as a foundation to a healthy diet as support for:

Sustained Energy Levels • Healthy Digestive System

• Normal Weight • Healthy Skin, Hair and Nails

This unique synergistic blend delivers:

- **Essential fatty acids** to maintain energy levels, and to promote joint, brain, heart and vascular health.
- **Dietary fiber and flax lignans** to promote intercellular health, a healthy digestive system, and normal cholesterol levels.
- **Phyto (plant) nutrients** to support immune system and overall health.

**• NO CHOLESTEROL • NO SATURATED FAT • NO PRESERVATIVES
• GLUTEN and WHEAT FREE • NO ARTIFICIAL COLORS and FLAVORS**

Recommended daily intake: 1 Tbsp. (8g) per 40 lbs. of body weight

Children Age 4 and above (up to 40 lbs. of body weight).....1 tablespoon
Age 12 to Adult (120 lbs. of body weight).....3 tablespoons
Adult (120 lbs. of body weight and up).....3 to 6 tablespoons

As with any high fiber product, start slowly, and gradually increase intake over several days. Mix in yogurt, juice, or applesauce. Sprinkle on salads or cereals, mix into "Omega Blast" shakes, or use with other food combinations as desired.

You'll enjoy this natural supplement and its wholesome, nutty flavor!

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: *FLAX SEED, BLACKSTRAP MOLASSES, RICE BRAN, NUTRITIONAL YEAST, SUNFLOWER SEED, ALFALFA, CARROT, APPLE, SESAME SEED, HESPERIDIN, LICORICE ROOT, BROCCOLI, CHERRY, PARSLEY, SPROUTED GREEN BARLEY, SPIRULINA, NETTLE, KELP, VANILLA BEAN, GINGER ROOT, SAGE, ROSEMARY, GARLIC, AND YUCCA SCHIDIGERA EXTRACT. *Flax from Canada.

STORE IN A COOL, DRY PLACE.

REFRIGERATE AFTER OPENING.

BEST IF USED WITHIN 90 DAYS OF OPENING.

Quality Guaranteed



1 lb. 03B Original, List No. 75044, Label PN 24009, Rev A02