

TOTAL OMEGA MEAL™

Omega 3-6-9 • Plant-Based Protein • Green Foods

More Than Just Protein • Three Products in One!

*Each healthy, energizing serving of
Total Omega Meal™ includes:*

THE TOTAL EFA™ OMEGA 3-6-9 BLEND

Omega-3 ALA from Flax • Omega-3 DHA from
Algal Oil • Omega-6 GLA from Evening Primrose
and Borage Oils

*Full spectrum of daily omegas intended to provide nutritive
support for heart, brain, skin and joints!*

FiProFLAX™ PROTEIN & FIBER BLEND

Pea Protein Isolate • Raw Organic Brown Rice Protein
Concentrate • Raw Organic Flax Protein Powder

*Power-packed with 18 g plant-based protein and
5 g fiber for a wholesome texture and digestive support.*

SUPER GREEN FOODS BLEND

Broccoli • Kale • Green Tea Leaf • Organic Spirulina
Organic Barley Grass • Organic Alfalfa

Broken Cell Chlorella • Spinach Leaf

Energizing antioxidant blend contains polyphenols.

HEALTH FROM THE

SUN.

Omega Essentials for Life™
Since 1976

Mfd. by NutraPure, Inc.

www.reachforlife.com

Comments or Questions:

Health From The Sun

Park City, UT 84098 USA © 2012

(800) 447-2249 www.healthfromthesun.com



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HEALTH FROM THE

SUN.

OMEGA 3-6-9

DIETARY SUPPLEMENT

TOTAL OMEGA MEAL™

VANILLA

mixes instantly

Plant-Based Superfood Shake

1,400 mg Omega-3

100 mg DHA

270 mg GLA

18 g Protein

NET WT. 16.5 oz (466.6 g)

Warning: Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product. Use this product as a food supplement only. Do not use if you are pregnant. Do not use for weight reduction.

Directions: Use only as directed. Mix 1 scoop in 8oz of water, other beverage or as directed by your healthcare practitioner. To enhance flavor and increase nutrients, add your favorite fruit or yogurt and liquify in blender. Store in a cool, dry place.

Supplement Facts

Serving Size 1 Scoop (39 g)

Servings Per Container Approx. 12

	Amount Per Serving	% Daily Value†
Calories	150	
Calories from Fat	40	
Total Fat	4.5 g	8%
Saturated Fat	1 g	4%
Monounsaturated Fat	0.5 g	*
Polyunsaturated Fat	2 g	*
Trans Fatty Acids	0 g	*
Sodium	80 mg	3%
Total Carbohydrates	14 g	4%
Dietary Fiber	5 g	21%
Sugars	1 g	*
Sugar Alcohol	2 g	*
Protein	18 g	36%
Vitamin A		9%
Vitamin C		50%
Calcium		6%
Iron		37%
Phosphorus		13%

Total EFA™ Omega 3-6-9 Blend 8 g
Proprietary blend of organic milled flax,
organic milled chia, borage oil, evening
primrose oil and algal oil

OMEGA-3
—Alpha-Linolenic Acid 1300 mg *
(ALA)
—Docosahexaenoic Acid 100 mg *
(DHA)

OMEGA-6

—Gamma Linolenic Acid 270 mg *
(GLA)

—Linoleic Acid (LA) 400 mg *

OMEGA-9

—Oleic Acid (OA) 450 mg *

FiProFlax™ Protein & Fiber Blend 25 g

Proprietary blend of pea protein isolate,
raw organic brown rice protein
concentrate, raw organic flax protein
powder, acacia gum and guar gum

Super Green Foods Blend 1 g

Proprietary blend of green tea (leaf
extract) (50% polyphenols), broccoli
powder, kale powder, organic barley
grass, organic alfalfa, spinach leaf
powder, organic spirulina and broken cell
chlorella

†Based on a 2,000 calorie diet.

* Daily Value not established

Other ingredients: Natural vanilla flavor with other natural flavors (coconut), xylitol,
maltodextrin, non-GMO glucose syrup solids, stevia and natural mixed tocopherols (soy).