

*The quality, therapeutic concentration, and affordability of a nutritional product can, and often does, mean the difference between lethargy and energy, sickness and health, and, quite literally, life and death. I don't want anyone to be tired, sick or dead because they could not obtain or afford the best possible product. If someone does not feel this same way, they should not be in the nutritional product business. I live and breathe this philosophy in both my personal and professional life and constantly strive to evolve HealthForce products and offer them at the best possible values - with a reverence for all life. I would rather die than compromise these values\**

*- Dr. Jameth Sheridan (D.H.M.)*

Friendly Fats™ is a blend of nature's healthiest fat containing seeds. We sprout our flax and chia, making it more bio-available, digestible and shelf stable. Friendly Fats™ is rich in omega-3 fatty acids, which are essential to your health. Friendly Fats™ will make all your smoothies creamier and bring them to the next level.

**Magnetically Sanitized and Energized 100% Actual Food™ Raw Food**

100% TruGanic™: Since the USDA now owns Organic, pesticides and other poisons are allowed on and in Organic products under many circumstances! ...and pure foods like probiotics, enzymes, zeolite, charcoal, bentonite, wildcrafted herbs and many superfoods are NOT considered organic, even if grown organically and 100% verified free of pesticides, GMO, and irradiation. TruGanic™, on the other hand, is NOT for sale to anyone at any price! It is a purist, hard-core quality standard significantly beyond Organic standards, with much more stringent criteria and actual verification via testing that Organic does not have.

**HEALTHFORCE NUTRITIONALS 800-357-2717**

PLEASE RECYCLE THIS BOTTLE. IT MATTERS.

**HEALTHFORCE.COM**

# HEALTHFORCE SUPERFOODS

## FRIENDLY FATS™

SPROUTED

NUTRIENT  
DENSE



HIGH  
BIOAVAILABILITY

RAW

HEALTHY FATS THAT HEAL!

**100% TRUGANIC™**

100% HARD CORE

300 GRAMS

**INGREDIENTS:  
100% TRUGANIC**

**SPROUTED FLAX SEED**

**SPROUTED CHIA SEED**

Grown by TruGanic™ (beyond organic) standards, sprouted and carefully dried at low temperatures to retain life force, enzymes and other heat-sensitive elements.

6/2016 11138 28

**SUGGESTED USAGE: TWO LEVEL TABLESPOONS**

Friendly Fats™ is a food and can be taken in any quantity desired. It makes a perfect addition to smoothies, raw soups and on top of salads. It can be taken directly, mixed with water/juice or mixed with food.

**SUGGESTED ADJUNCTS: HEALTHFORCE VITAMINERAL™ GREEN AND VITAMINERAL™ EARTH**

**VITAL HEALING FOOD™**

These statements have not been evaluated by the FDA. This product is not designed to diagnose, treat, or cure any disease.

### Nutrition Facts

Serving Size: 10g (2 Level Tbsp)  
Servings: 30

Amount Per Serving		
Calories:	51	Fat Cal: 33
%Daily Value*		
Total Fat	3.6 g	5.8%
Saturated Fat	0.3 g	1.2%
Trans Fat	0.0 g	
Cholesterol	0.0 mg	0.0%
Sodium	2.5mg	0.1%
Total Carbohydrate	3.6 g	1.2%
Dietary Fiber	3.3 g	13.0%
Sugars	0.1 g	
Protein	1.7 g	
Vitamin A	0%	Calcium 4%
Vitamin C	0%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

• MAGNETIC • HOMEOPATHIC  
• ENERGETIC • VIBRATIONAL POWER

VEGAN  
V  
EARTH  
HEALTH  
COMPASSION

