

Omega Man's proprietary formula combines the world's purest and freshest flax oil, rare Styrian pumpkin seed oil, lignans, phospholipid and phytosterol complexes.

For Men Interested in...

- Peak Physical Fitness*
- Cellular and Sexual Health*
- Vitality and Longevity*

Omega Man provides a synergy of essential Omegas and plant actives absent in multi-vitamins and scarce in today's diet, yet critical for cellular, sexual, heart health, athletic performance, fat metabolism and lean muscle mass.*

SUGGESTED USE: 1-2 Tbsp. daily. Can be taken straight or mixed into salad dressings, yogurt, oatmeal, cottage cheese or blended beverages. Refrigerate for quality. Freezing will extend shelf life up to one year.

SHAKE WELL. Natural settling may occur. Stirring suggested to fully disperse flax particulate.

Keep out of reach of children.

* 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.

100% SATISFACTION GUARANTEED

Bruce Barlean
FRESHNESS DATING

FRESH PRESSED

OCT 26 11

FRESHEST BEFORE

APR 26 12 535



ESTD 1989

BARLEAN'S
ORGANIC OILS



Vitality

**OMEGA
MAN**

*Men's Health &
Vitality Formula*

MADE WITH ORGANIC
FLAXSEED OIL

STYRIAN PUMPKIN SEED OIL
PHOSPHOLIPID CONCENTRATES
PLANT PHYTOSTEROLS
FLAX LIGNANS

12 FL.OZ / 350 ML

Supplement Facts

Serving Size 1 Tbsp (15 ml)

Servings Per Container 23

Amount Per Serving	
Calories 106	Calories from Fat 90
% Daily Value*	
Total Fat 10 g	14%
Saturated Fat 1 g	5%
Dietary Fiber 1 g	4%
Omega Fatty Acids 9037 mg	†
Omega-3 4968 mg	†
Omega-6 2125 mg	†
Omega-9 1944 mg	†
Lignan (SDG) 10-27 mg	†
Phospholipid Complex 870 mg	†
Phosphatidylcholine 450 mg	†
Phosphatidylethanolamine 240 mg	†
Phosphatidylinositol 135 mg	†
Phosphatidic acid 45 mg	†
Plant Phytosterol Complex 150 mg	†
Beta Sitosterol 74 mg	†
Campesterol 43 mg	†
Stigmasterol 33 mg	†
Rosemary/Ascorbic Acid Blend 20 mg	†

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

INGREDIENTS: Organic flaxseed oil, organic flaxseed particulate, Styrian pumpkin seed oil, phospholipid concentrates derived from soy, plant phytosterols, rosemary/ascorbic acid blend.

GMO FREE

For more information
please write to:

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Certified Organic by DAL



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