

1000mg of
Omega-3
Per
Serving

ENERGYFIRST® OMEGA ENERGY MIX®

FEEL THE DIFFERENCE®

PRE-GROUND OMEGA SEED MIX

100% NATURAL • DAILY ESSENTIAL FATS • OMEGA 3 & 6 IN IDEAL RATIO

DIETARY SUPPLEMENT
Net Weight: 1lb (454g)

Serving Size: 1/4 oz (8g)
Servings Per Container: 56

Directions:

Add 1-2 tablespoons to meal or shake.
Recommended use twice per day.

OmegaEnergy Mix® tastes great in
EnergyFirst® shakes, or when added to
salads, vegetables or oatmeal, or many
other recipes. Visit www.energyfirst.com
for more product information.

Supplement Facts

Serving Size: 1/4 oz (8g)
Servings Per Container: 56

	Amount per Serving	% Daily Value*
Calories	40	
Calories from fat	25	
Total Fat	2.5 g	4%
Saturated fat	0 g	0%
Trans fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	2 g	0%
Dietary Fiber	2 g	0%
Sugars	0 g	0%
Protein	2 g	0%
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		4%

* Percent Daily Values are based on a 2000 calorie diet.

Ingredients:

Flax Seed Meal, Sunflower Seed Meal,
Sesame Seed Meal, Pumpkin Seed Meal,
Rice Bran.

Refrigerate After Opening:

Store in cool dry place. Use within 90
days of 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.

ESSENTIAL FATS

Scientific blend of all essential
fatty acids in their ideal ratios.

HEALTHY BODY

Omega fatty acids promote
brain, joint and heart health.*

IMMUNITY BOOST

Contains naturally occurring
traces of vitamins, minerals
and antioxidants essential for
the immune system.*

DIETARY FIBER

Good source of dietary fiber
which supports a healthy
digestive system.

100% NATURAL

No fillers. No artificial coloring
or flavorings. No preservatives.
No saturated fats.

www.energyfirst.com

or call 888-88-ENERGY
888-883-6374

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