

Directions

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

OmegaEnergy® Oil tastes great in EnergyFirst® shakes, or when blended with balsamic vinegar and mustard as salad dressing or when added to many other recipes or foods. Visit www.energyfirst.com for more product information.

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.*

CERTIFIED ORGANIC

Unique blend of cold-pressed, unrefined, certified organic seed oils.

100% NATURAL

No fillers. No artificial coloring or flavorings, No preservatives.

* 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.

6500mg of
Omega-3
per
serving

ENERGYFIRST® OMEGA ENERGY® OIL

FEEL THE DIFFERENCE®

CERTIFIED ORGANIC OMEGA OILS

100% NATURAL • CONTAINS ALL ESSENTIAL FATS IN THEIR IDEAL RATIO

DIETARY SUPPLEMENT
17 fl oz (500ml)

Serving Size: 1 tablespoon (14g)
Servings Per Container: 33

Supplement Facts

Serving Size: 1 Tbsp (14g)

Servings Per Container: 33

	Amount per Serving	% Daily Value*
Calories	130	
Calories from fat	130	
Total Fat	14 g	22%
Saturated fat	1 g	6%
Polyunsaturated fat	9 mg	†
Monounsaturated fat	2.5 mg	†
Omega-3 fatty acids	6.5 g	†
Omega-6 fatty acids	2.4 g	†
Omega-9 fatty acids	2.5 g	†
Medium Chain Triglycerides	233 mg	†

* Percent Daily Values are based on a 2000 calorie diet.
† Daily value not established.

Ingredients:

Organic Flax Seed Oil, Organic Sunflower Seed Oil, Organic Sesame Seed Oil, Organic Pumpkin Seed Oil.

www.energyfirst.com

or call 888-88-ENERGY

888-883-6374

1140 Highland Avenue - Suite 100, Manhattan Beach, CA 90266

Certified organic by QAI



Keep Refrigerated

Gently shake bottle before each use. Do not heat or use for frying. Can be frozen to prolong freshness.