



Vitality
OMEGA MAN FORMULA
Men's Health & Vitality Formula

A Synergy of Essential Fatty Acids and Phytonutrients



- Ideal for all men interested in peak performance, optimal health and longevity
- Made with Organic Flaxseed Oil
- Styrian Pumpkin Seed Oil
- Phospholipid Concentrates
- Plant Phytosterols
- Lignans

**AMERICA'S BEST SELLING
OMEGA-3**



Vitality OMEGA MAN

Omega Man provides a **synergy of essential omega fatty acids and plant phytonutrients** absent in multivitamins and deficient in today's diet, yet critical for **cellular, sexual, heart health, athletic performance, fat metabolism and lean muscle mass**.

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

Omega Man is for men of all ages who are interested in:

- Maintaining a Youthful Physique*
- Preserving a Youthful Appearance*
- Promoting Peak Athletic Performance*
- Supporting Heart Health*
- Preservation of Healthy Prostate Tissue*

* 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.

The Omega Man Formula

- 1. Organic Flaxseed Oil:** Barlean's award-winning organic flaxseed oil makes up the base of this formula providing the richest and freshest source of essential Omega-3 fatty acids for overall health and vitality.*
- 2. Lignans:** Numerous studies have reported on the role of lignans in support of heart and hormonal health, including the preservation of healthy prostate tissue.*
- 3. Styrian Pumpkin Seed Oil:** A rare pumpkin found only in the region of Southeast Austria, the oil is reputed for its extraordinary and high levels of phytosterols, important phytonutrients that have been shown to speed exercise recovery, soothe the painful joints, and increase vitality.*
- 4. Phospholipid Concentrates:** Phospholipids are an important component of every single cell in your body and have been shown to support the structure and function of heart, digestive, liver, immune and brain health.*
- 5. Plant Phytosterol Complex:** Phytosterols are all natural plant chemicals derived primarily from seed oils. Omega Man contains three important types – Beta Siterol, Campesterol and Stigmasterol. These powerhouses are important for the healthy support of the prostate, colon and cardiovascular system and fuel athletic performance.*

FRESH EXPRESS - THE BARLEAN'S DIFFERENCE

Just like all of the fine family of Barlean's products, Omega Man is **cold-pressed, made-to-order, air delivered and dated for freshness**. We call this service Fresh Express and it ensures you of the freshest, most nutritious and best-tasting product.

From Our Family to Yours *Bruce Barlean*

Supplement Facts	
Serving Size 1 Tbsp (10 ml) Servings Per Container 23	
Amount Per Serving	% Daily Value*
Calories 130	Calories from Fat 90
	% Daily Value**
Total Fat 10 g	20%
Saturated Fat 1 g	2%
Starchy Fiber 1 g	4%
Omega Fatty Acids 9037 mg	↑
Omega-3 4968 mg	↑
Omega-6 2125 mg	↑
Omega-9 1944 mg	↑
Flax Particulate 3523 mg	↑
Lignans (SOP) 2433 mg	↑
Phospholipid Complex 870 mg	↑
Phosphatidylcholine 450 mg	↑
Phosphatidylethanolamine 180 mg	↑
Phosphatidylinositol 120 mg	↑
Phosphoric acid 45 mg	↑
Plant Phytosterol Complex 150 mg	↑
Beta Siterol 74 mg	↑
Campesterol 43 mg	↑
Stigmasterol 33 mg	↑
Rosemary/Ascorbic Acid Blend 20 mg	↑

Liquid

Supplement Facts	
Serving Size 3 Softgels (0.9 grams) Servings Per Container 23	
Amount Per Serving	% Daily Value*
Calories 23	Calories from Fat 19
	% Daily Value**
Total Fat 2 g	5%
Saturated Fat .02 g	0%
Omega Fatty Acids 9037 mg	↑
Omega-3 4968 mg	↑
Omega-6 2125 mg	↑
Omega-9 1944 mg	↑
Flax Particulate 3523 mg	↑
Lignans (SOP) 2433 mg	↑
Phospholipid Complex 180 mg	↑
Phosphatidylcholine 90 mg	↑
Phosphatidylethanolamine 51 mg	↑
Phosphatidylinositol 29 mg	↑
Phosphoric acid 10 mg	↑
Plant Phytosterol Complex 30 mg	↑
Beta Siterol 16 mg	↑
Campesterol 9 mg	↑
Stigmasterol 7 mg	↑
Rosemary/Ascorbic Acid Blend 4 mg	↑

Softgels

100% GUARANTEED We're so confident that Barlean's will bring you the results you expect, we offer a 100% guarantee on all our products.

Available Sizes:

LIQUID: 12 ounce **SOFTGELS:** 120 count

INGREDIENTS:

Organic flaxseed oil, organic flaxseed particulate, Styrian pumpkin seed oil, phospholipid concentrates, plant phytosterols, rosemary/ascorbic acid blend.

SUGGESTED USE:

1-2 Tbsp. daily, can be taken straight, used in salad dressings, mixed with yogurt, cottage cheese, oatmeal, blended beverages & protein drinks. Shake well. Natural settling may occur. Refrigerate. Freezing will extend shelf life up to one year.

SOFTGELS:

3-9 softgels per day.

For more information please contact:

Barlean's Organic Oils
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