



*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 most abundant 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.\*

## THE BARLEAN'S PROMISE

All of the products made by our family-owned and operated business are 100% guaranteed. We care about the health of your family and are proud to provide you with the world's freshest, finest quality and best-tasting Omega-3 supplements.

From Our Family to Yours *Bruce Barlean*

Supplement Facts	
Serving Size 1 Tbsp (15 ml) Servings Per Container 23	
Amount Per Serving	Calories from Fat 90
Calories 106	% Daily Value*
<b>Total Fat</b> 10 g	14%
Saturated Fat 1 g	5%
Dietary Fiber 1 g	4%
<b>Omega Fatty Acids</b> 9037 mg	†
Omega-3 4968 mg	†
Omega-6 2125 mg	†
Omega-9 1944 mg	†
Lignan (SDG) 10-27 mg	†
<b>Phospholipid Complex</b> 870 mg	†
Phosphatidylcholine 450 mg	†
Phosphatidylethanolamine 240 mg	†
Phosphatidylinositol 135 mg	†
Phosphatidic acid 45 mg	†
<b>Plant Phytosterol Complex</b> 150 mg	†
Beta Sitosterol 74 mg	†
Campesterol 43 mg	†
Stigmasterol 33 mg	†
<b>Rosemary/Ascorbic Acid Blend</b> 20 mg	†

Liquid

Supplement Facts	
Serving Size 3 Softgels (3.0 grams) Servings per Container 40	
Amount Per Serving	% Daily Value*
Calories 23	Calories from Fat 19
<b>Total Fat</b> 2 g	3%
Saturated Fat 0.2 g	0%
<b>Omega Fatty Acids</b> 1937 mg	†
Omega-3 1065 mg	†
Omega-6 455 mg	†
Omega-9 417 mg	†
Lignan (SDG) 2-6 mg	†
<b>Phospholipid Complex</b> 186 mg	†
Phosphatidylcholine 96 mg	†
Phosphatidylethanolamine 51 mg	†
Phosphatidylinositol 29 mg	†
Phosphatidic acid 10 mg	†
<b>Plant Phytosterol Complex</b> 32 mg	†
Beta Sitosterol 16 mg	†
Campesterol 9 mg	†
Stigmasterol 7 mg	†
<b>Rosemary/Ascorbic Acid Blend</b> 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 oz. **Softgels:** 120 ct.

### INGREDIENTS:

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

### 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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