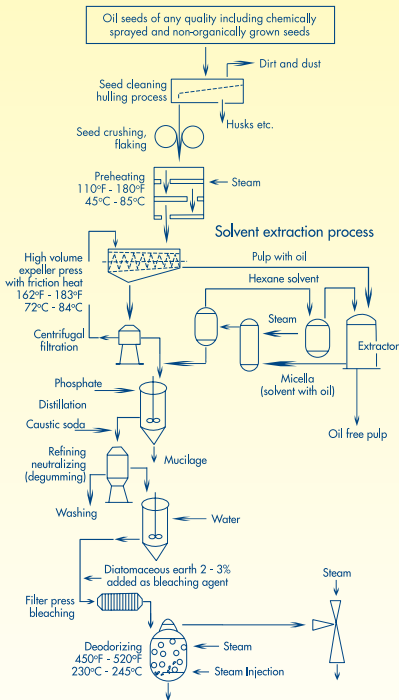


How Oils Are Manufactured

Refined Oils



REFINED OILS

Little nutritional value. Nutrients either altered or removed. Contains poisonous trans fatty acids, free radicals and other toxic substances.



Omega Nutrition's Unrefined Organic Oils

Premium seeds chosen for flavor & nutritional benefit



FRESH OIL

with all nutrients intact. No toxic substances.

TYPICAL FATTY ACID PROFILE

Boorage Oil	21%	36%	19%	18%
Coconut Oil	2	7	91%	
Essential Balance®	30%	30%	28%	12%
Essential Balance Jr.®	43%	18%	28%	11%
Flax Oil	54%	15%	21%	9%
High-0® Pure Sunflower Oil	8%	82%	9%	
MCT Oil	Capric 40%		Caprylic 60%	
Olive Oil	19%	64%	16%	
Omega Plus®	45%	4	18%	21%
Pumpkin Seed Oil	55%	25%		19%

- Omega-3 (Alpha-Linolenic Acid) – Super Polyunsaturated fat
- Omega-6 (Gamma Linolenic Acid) – Polyunsaturated fat
- Omega-6 (Linoleic Acid) – Polyunsaturated fat
- Omega-9 (Oleic Acid) – Monounsaturated fat
- Saturated Fat