

# SQUEEZE OMEGA-3 INTO YOUR BUSY DAY

OMEGA NUTRITION IS PROUD TO ANNOUNCE THAT OUR GREAT TASTING ORANGE FLAX OIL BLEND WAS RECENTLY VOTED ONE OF THE BEST NEW PRODUCTS OF 2005 BY STAGNITO'S NEW PRODUCTS MAGAZINE.

## AWARENESS OF OMEGA-3 CONTINUES TO GROW

Omega-3 essential fatty acids (EFA's) is one of the fastest growing markets in North America. Consumers have taken to heart the recommendations of leading researchers, scientists and health groups to add omega-3 EFA's to our diets. All agree that increased consumption of omega-3 EFA's provide countless benefits for improved health, but fish isn't your only option.

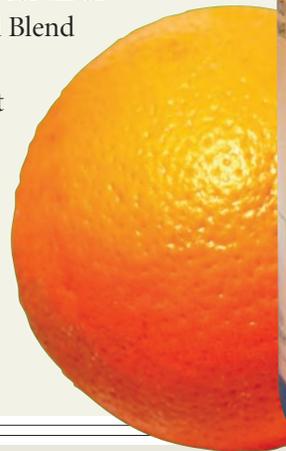
## OMEGA-3 AND GREAT TASTE JOIN FORCES

For years, consumers have understood the importance of omega-3, but wanted a product with a taste they could actually enjoy. Omega Nutrition's Orange Flax Oil Blend is the product consumers have been asking for. We've added natural orange flavor to our certified organic Flax Oil and created a blend that provides the essential nutrients you need with a flavor the whole family will enjoy.

## FAMILY-FRIENDLY AND EASY TO USE

Omega Nutrition's Orange Flax Oil Blend can be easily incorporated into your family's diet. Add it to your morning yogurt, oatmeal and blender drinks for an orange creamsicle-like taste. After cooking, drizzle Orange Flax Oil Blend onto grilled fish, stir-frys or steamed vegetables. It's a perfect oil base for homemade salad dressings and dips. You can even add it to desserts! For more recipe ideas visit our website, [www.omeganutrition.com](http://www.omeganutrition.com)

For additional information, products pictures, or to schedule an interview with Robert Gaffney, President of Omega Nutrition, please contact Trish Duncan, Marketing Operations Manager at 604-253-4677 ext.127.



Omega Nutrition, the first company to introduce certified organic Flax Oil to North America, started the revolution in flax oil taste and technology in 1987. Omega Nutrition developed the omegaflo® process to protect the delicate Essential Fatty Acids (EFA's) from heat, light, and oxygen, setting the industry standard for Flax Oil manufacturing. Omega Nutrition offers a wide range of products including Flax Oil, EFA Blends, Gourmet Culinary Oils, Vinegars, and much more.

OMEGA NUTRITION USA INC.

*The Original Flax Oil Company*

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