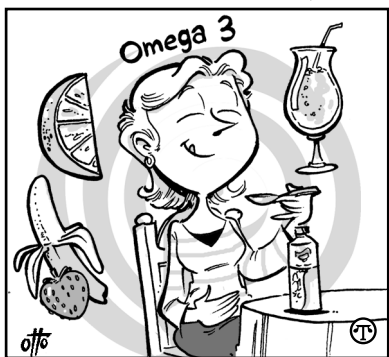


# Healthy Habits

## Great-Tasting Omega-3

(NAPSA)—Research shows that getting enough omega-3 fatty acids can provide such benefits as improved heart health, strengthened nerve tissues, lower cholesterol and increased bone density. Unfortunately, most Americans are severely deficient in their omega-3 intake.

The most conveniently abundant omega-3 supplement sources are fish oil and flaxseed oil, which



**Healthy Omega-3 is now a sweet treat!**

many people are reluctant to take because of how they taste. But now there's a flavorful alternative—as delicious as a tasty dessert.

Omega Swirl from Barlean's is a high-potency omega-3 sensation that has the unbelievably sweet, creamy taste and texture of a fruit smoothie. The 100% organic flax oil is all-natural strawberry-banana flavored, and the ultrapurified, pharmaceutical-grade fish oil is infused with an all-natural lemon zest flavor.

In addition, Omega Swirl was voted best new nutritional supplement by leading health publications and Barlean's is the winner of the coveted 2009 Consumer Lab award as the #1 rated Health Food Store Brand for Consumer Satisfaction. For a free sample and more information, visit [barleans.com](http://barleans.com).