

# BODYBIO

## BODYBIO BALANCE

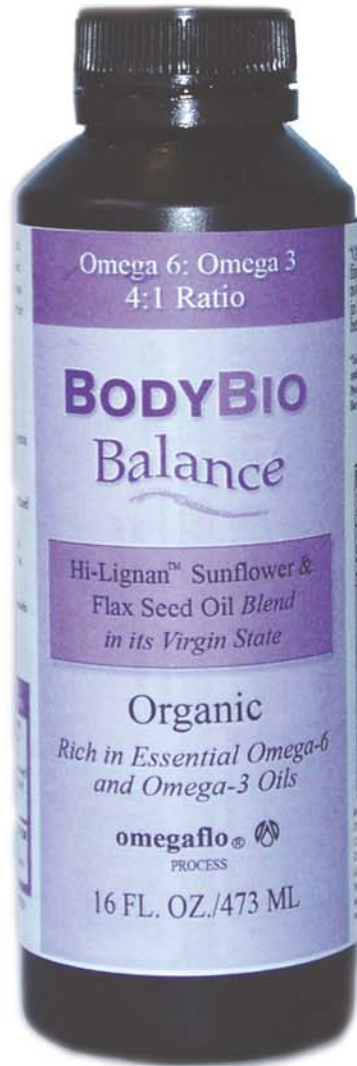
Omega 6: Omega 3  
**4:1 Ratio**

Hi-Lignan™ Sunflower &  
Flax Seed Oil Blend  
*in its Virgin State*

Organic  
Rich in Essential Omega-6  
and Omega-3 Oils

omegaflo®   
PROCESS

16 fl. oz./473 ML





Average analysis per 1 TBSP:  
Omega-6 Fatty Acids (linoleic) 8.3 g  
Omega-3 Fatty Acids (linolenic) 2.1 g  
Omega-9 Fatty Acids (oleic) 1.9 g  
Lignan (SDG) 7.0 mg  
Ingredients: omegaflo® organic unrefined sunflower seed oil, organic unrefined flax seed oil and powder, mixed tocopherols.

“Of particular interest was the finding that the critical factor was not the level of essential fatty acids in the diet; but rather the ratio between n-6 and n-3 fatty acids; furthermore, it was shown that a specific mixture of these fatty acids resulted in improved learning, more efficient thermo-regulation, elevation of pain threshold, and facilitation of sleep.”\*

\*Yehuda et al, Peptides, Vol. 19. No. 2 pp. 407-419. 1998. Address requests for reprints to: Shlomo Yehuda, Psychopharmacology Lab. Dept. of Psychology, Bar-Ilan, University, Ramat-Gan., Israel 52900.

**BODYBIO** Balance Hi-Lignan® Sunflower and Flax Seed Oil is in its virgin state with the added benefit of SDG lignans (7 mg/serving). Our unique omegaflo® process sets the industry standard for proper manufacturing of oils:

- Low temperature processing
- Processed & packaged (HDPE ) in complete exclusion of light, oxygen and reactive metals
- No additives, preservatives, bleaching agents or hexane extraction
- Contains 0 g trans fatty acids
- Certified organic seeds, completely unrefined oils
- Cold-pressed sunflower and flax seed oil.

Manufactured for BodyBio by Omega Nutrition USA Inc. Certified Organic by OCPP/Pro-Cert Canada Inc. Product of the USA. Hi-Lignan® and omegaflo®  are registered trademarks of Omega Nutrition

### Nutrition Facts

Serving Size	1 Tbsp (14 g)
Servings	Approx. 33
Amount per Serving	
Calories 120	Fat Cal 120
% Daily Values*	
Total Fat 14 g	21%
Saturated fat 1.5 g	7%
Trans fat 0 g	
Polyunsaturated fat 10.5 g	
Monounsaturated fat 2 g	
Cholesterol 0 g	0%
Sodium 0 mg	0%
Total Carbohydrate 0 g	0%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein 0 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Vitamin E 6%	

\*% Daily values based on 2,000 Calorie Diet.



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