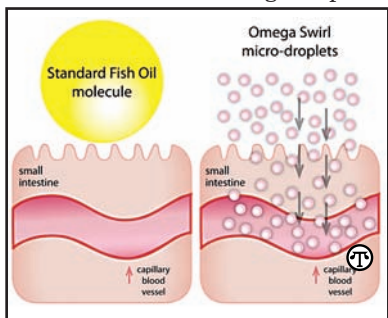


# Health News

## Sweet Way To Get Omega-3

(NAPSA)—Getting the nutrients you need can be a more tasteful experience than many people realize. That's because, according to a report conducted by The Centre for Nutritional Studies, a lemon-flavored, emulsified fish oil product was found to be 90 percent more bioavailable than standard fish oil.

According to the report, the total percentage of oil that reached the bloodstream was 10 times greater with this oil than with the same dose of standard fish oil. That suggests it could take up to 20 standard fish oil gelcaps to



**Rapid omega-3 digestion and bloodstream absorption means maximum effectiveness.**

equal the amount of omega-3 delivered to the bloodstream by just one dose (two teaspoons) of Omega Swirl.

The all-natural omega-3 supplement has the taste and texture of a fruit smoothie. This emulsified process means the size of the molecules are significantly smaller than those in typical fish oil, so the oil reaches the bloodstream more easily.

Barlean's Omega Swirls are available in health food stores nationwide. For more information visit [www.barleans.com](http://www.barleans.com).