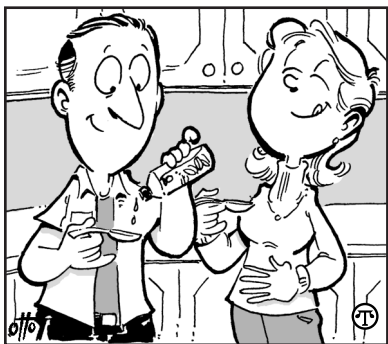


Ingenious Ideas

Sweet News: Omega-3 Can Be Delicious

(NAPSA)—The health benefits of omega-3 oils are widely known—from improving heart health to strengthening nerve tissues, from lowering cholesterol to increasing bone density—fish and flax oils are good for you. But for many people, the thought of taking capsules stops them from using supplements. However, the thought of eating dessert is a sweet idea!



Omega-3 that tastes like a dessert—Sweet!

Consumers now have a delicious new option. Barlean's has introduced a new, high-potency omega-3 sensation called Omega Swirl 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.

These naturally sweetened Omega Swirl products have revolutionized omega-3 supplementation. Now, being healthy has never tasted better. To learn more, visit www.barleans.com.