

# Vegetarian Oil Rich in Omega-3



OptOmega™ is an easy way to add all the 'good oils' to your diet and gain essential fatty acids.

## OptOmega™



ITEM# 127

- Delivers a balanced ratio of omega-3 and omega-6 through a unique blend of organic flax seed, sunflower seed, pumpkin seed, and extra virgin olive oils
- Utilises extra-virgin olive oil, **E-Prime™**, turmeric, and rosemary for superior antioxidant protection to keep **OptOmega™** fresh
- Suitable for vegetarians and vegans
- Perfect to pour into sauces, soups, and shakes!



For more information contact:

### Tasty and Healthy OptOmega™ Salad Dressing

#### Ingredients:

- 1/4 cup balsamic vinegar
- 1/8 cup lemon juice
- 1/4 cup **OptOmega™**
- 1/4 cup olive oil
- 1/2 tablespoon sesame oil (per taste)

#### Preparation:

Combine the above ingredients and serve over salad.

#### Serving Size:

2 tablespoons per serve.

Avoid heating or frying **OptOmega™**  
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