

**Flora Omega 3 Plus : a big plus for your family's heart health : see inside for details.**

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**FLORA**  
Omega3plus

**A BIG  
PLUS  
FOR YOUR  
FAMILY'S  
HEART  
HEALTH**

See inside for details

### **What is Omega 3?**

Did you know that there are good and bad fats? While we are recommended to cut down on bad fats like 'saturates'; Omega 3 oils are a type of 'polyunsaturates', which are **good fats** and necessary for a number of processes in the body.

There are two types of Omega 3 oils, one comes from plants and the other from fish. Omega 3 oils from fish (EPA/DHA) are more effective as they don't need to be converted in the body.

Not only does Flora Omega 3 Plus contain both plant and fish sources it also contains more Omega 3 than any other spread you can buy.



## Don't Flora Spreads already contain Omega 3? Why is this product different?

Whilst it's true that all the Flora spreads already include Omega 3 from plants, now **new** Flora Omega 3 Plus contains Omega 3 from both plants and fish, giving you a big PLUS for you and your family!

So why not try adding Flora Omega 3 Plus to your daily diet, it's an **easy** and delicious way to get 1/3 of your recommended daily intake of the most effective form of Omega 3\*\*

\*\* One serving  
(2 x 10g; approx 3-4 slices of bread)



600mg Omega 3



135mg Omega 3

## Why not try NEW Flora Omega 3 Plus mini drink...

All good things come in pairs. And Flora Omega 3 Plus is no different.

**New** Flora Omega 3 Plus mini drink is bursting with Omega 3 just like the spread, and contains **more Omega 3 than any other Omega 3 enriched mini drinks.**

Available in delicious strawberry and raspberry flavours, grab one on your way to work, or pop one in your child's lunchbox.

**Use your head. Look after your heart.**  
**New Flora Omega 3 Plus mini drink.**



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