

## *Omega Gold - the organic alternative*

**Ingredients:** Organic Sunflower oil, Purified Water, Organic Flaxseed oil, Isolated Soy Protein IP, Inulin fibre, Xanthan, Sea Salt, Sorbic Acid, Vitamin E, Citric Acid, Rosemary extract, Vitamins A&D. *Recommended daily intake is 3 serves.*

### **OTHER ORGANIC PRODUCTS PRODUCED BY MELROSE**

Apple Juice concentrate  
Barley and Wheat Grass powders and tablets  
Canola oil  
Flaxseed oil  
Mayonnaise  
Mustard  
Mustard Seed oil  
Olive oil  
Omega Gold  
Pumpkin Seed oil  
Safflower salad oil  
Safflower cooking oil  
Spirulina tablets and powder  
Sunflower salad oil  
Sunflower cooking oil  
Worcestershire Sauce

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# Omega Organic Gold

*An organic  
Omega-3  
alternative to  
butter and  
margarine that's  
very low in  
saturated fat.*



*Get the Taste for Living with  
Omega Gold Table Spread*

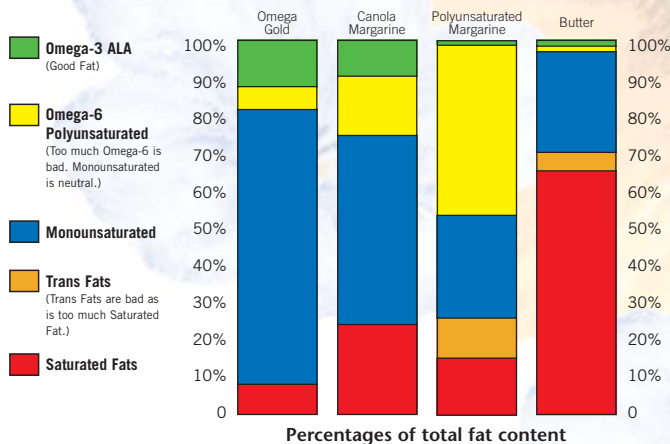
At last, a table spread that tastes good, spreads easily and is good for you. Melrose Omega Gold is the healthy and organic alternative to butter and margarine.

Made from organic sunflower and flaxseed oils, it is rich in essential Omega-3 nutrients and has the lowest saturated fat content of any table spread on the market.

Certified organic by the Biological Farmers of Australia (BFA), with oils produced from non-genetically modified seeds – certain to cheer the hearts of people everywhere.

It is now widely recognised that the type and quality of fats and oils we consume has a significant influence on our health and well-being. A diet high in saturated fats can lead to eventual heart health problems. Omega Gold has an optimal balance of the good fats – Omega-3 alpha linolenic, Omega-6 & monounsaturated fats and it contains less than 6% saturated fat.

## Fatty Acid Profiles of Table Spreads



## How will low saturated fats benefit me?

Omega Gold contains only 5.7% saturated fat, which is the natural component of the sunflower and flaxseed oils, making it the perfect choice for anyone concerned about managing their fat intake. Studies over many years have shown that excessive consumption of saturated fats results in obesity and a lowering of heart health through increased cholesterol deposits in the arteries.

Saturated fats are as necessary as Omega-3, 6 and 9 but excess consumption is unwise. Other margarines contain more than 20% saturated fats and some have trans fats that act like saturated fat. Omega Gold does not contain trans fats and it is also dairy free.

## How will Omega-3 benefit me?

Daily use of Omega Gold can aid in restoring the balance of Omega nutrients in the body and help to maintain a healthier heart. Significant studies show that Omega-3 fatty acids disperse platelet aggregates in the blood, thereby reducing the risk of cardio-vascular disease.<sup>1</sup> Omega-3 fatty acids have also been shown to produce anti-inflammatory prostaglandins.<sup>2</sup>

## Is Omega Gold GMO & dairy free?

Omega Gold is GMO free. The oils in Omega Gold are certified organic and with the certification comes the guarantee that the seed source of the oils has not been genetically altered. Omega Gold does not contain any other ingredient obtained by genetic modification. Omega Gold is dairy free.

## How do you make it thick without hydrogenation or interesterification?

Omega Gold is made by an entirely different process to margarine and butter. Margarine and butter require at least 20% saturated fat (hard fats) to form a solid matrix. Butter already has over 50% saturated fat and margarine requires hydrogenation or interesterification to produce hard saturated fats. Omega Gold is made by a very simple cold process using advanced emulsion technology. The process is patented.

## Storage

Omega Gold is best kept in the refrigerator. Freezing is to be avoided as it will cause the oils to separate.

## Can I cook with Omega Gold?

Omega Gold is great for making cakes and muffins as it is so soft that mixing is done quickly and easily. It is not recommended for use when frying foods as it will splatter.

For further information on the nutritious benefits of **Omega Gold** and to find additional recipes for cakes, muffins and biscuits visit our website [www.melrosehealth.com.au](http://www.melrosehealth.com.au)

1. Allman MA, Pena MM, Pang D, - Supplementation with flaxseed oil versus sunflower oil in healthy young men consuming a low fat diet: effects on platelet composition and function. Eur J Clin Nutr. 1995;49:169-178.
2. E. Mantzioris, M.J.James, R.A.Gibson and L.G.Cleland - Dietary Substitution with Linolenic acid - rich vegetable oil increases eicosapentaenoic acid concentration in tissues. Am J Clin Nutr 1994