

## **Natunola Health Biosciences Inc.: Corporate Press Release**

### **Natunola Expands Line of Health's Delight Products With Omega-3 Instant Oatmeal With Shelled Flax**

Winchester, ONTARIO – (January 16, 2009)

Natunola Health Biosciences Inc. (TSX-V:NHI) (“Natunola”) is pleased to announce the launch of its new “Natunola® health’s delight Omega-3 Instant Oatmeal with Shelled Flax” product. This new “Breakfast for a Healthy Heart” instant cereal offers the health benefits of instant oatmeal but with the unique addition of Natunola’s patented “shelled flaxseed” for a higher Omega-3 ingredient. Each single serving provides 100% of your daily recommended requirement of Omega-3.

“We are very excited to offer this new addition to our Natunola® health’s delight brand, which addresses two important facts: breakfast is the most important meal of the day, and Canadians are not getting enough Omega-3 in their diet”, said Dr. Nam Fong Han, President and CEO of Natunola. “Now in one delicious pouch you can have a quick and nutritious start to your day and know that you have given your body not only fibre, protein and calcium, but also all the Omega-3 you need for the day. This is important for the maintenance of cardiovascular health as well as the normal development of the brain, eyes and nerves.”

Scientific research continues to indicate that Omega-3 is effective in lowering cholesterol levels, reducing the risk of stroke and heart disease and protecting against hypertension, cancer and inflammatory and autoimmune disorders in humans. Omega-3 fatty acids may also help alleviate the symptoms of PMS and menopause, as well as depression and other mood disorders.

Natunola’s “health’s delight” brand of products includes Shelled Flax Meal (similar to ground flaxseed but as it is shelled offers better stability and storage); and Shelled Flax Kernel (offering 70% of the Omega-3 rich inner kernel of the flaxseed as well as 30% of shell for fibre and lignans) which is available in 454 gram bags as well as a convenient new “Shelled Flax Shaker” for easy Omega-3.

Natunola® health’s delight products are available at Farm Boy, Kardish Foods, Produce Depot as well as select Foodland, Your Independent Grocers, Loeb, Shopper’s Drug Mart, Jean Coutu and other health food stores. Also available through Amway Canada and in Western Canada at London Drugs and T & T Supermarket stores.

#### *About the Company:*

Natunola Health Biosciences Inc. and its manufacturing plant are located in Winchester, Ontario. It is the parent company of Natunola Health Inc.

**Natunola Health Inc.** is a leading manufacturer and researcher in the field of flaxseed derived omega-3 fatty acids, flax protein, flax lignans, specialty natural products, bio-nutrients and functional supplements for human and animal care markets. The Company also produces canola oil gels and other natural ingredients, for the cosmetic and personal care industry. Natunola Health Inc. has a retail health product line under the brand name of Natunola® health’s delight.

Some of the statements contained in the release are forward-looking statements, such as estimates and statements that describe the Company's future plans, objectives or goals, including words to the effect that the Company or management expects a stated condition or result to occur. Since forward-looking statements address future events and conditions, by their very nature, they involve inherent risks and uncertainties. Actual results in each case could differ materially from those currently anticipated in such statements.

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this press release.

FOR FURTHER INFORMATION PLEASE CONTACT:

Dr. Nam Fong Han

President & CEO

Natunola Health Biosciences Inc.

[nfhan@natunola.com](mailto:nfhan@natunola.com)

Tel: 613-774-9998