



FLAXSEED OIL

SUPPORTS PROPER CARDIOVASCULAR & IMMUNE SYSTEM FUNCTION*

BIOAVAILABLE B VITAMINS & DMG

» ***MADE WITH NON-GMO INGREDIENTS**

» **GLUTEN FREE**

Flaxseed Oil is the richest source of omega-3 fatty acids. It also contains omega-6 fatty acids in appropriate ratios to promote balanced prostaglandin production, which is necessary for maintaining homeostasis and regulating cell activity.*

Flaxseed Oil:

- ✓ Provides Omega 3, Omega 6 and Omega 9 Essential Fatty Acids.
- ✓ Is a great vegetarian source of Omega 3 fatty acids.
- ✓ Naturally provides a 1:4 ratio of Omega 6 to Omega 3 fatty acids.
- ✓ Supports Cardiovascular and Immune System functions.*
- ✓ Supports Prostaglandin Balance.*

Provides Essential Fatty Acids:

- ✓ Essential fatty acids (EFAs) are polyunsaturated fats that the body cannot manufacture and must be obtained from foods.
- ✓ Omega 3 EFAs are produced from Alpha-Linolenic Acid (ALA). The Omega 3 fatty acids are especially important for the heart, brain and cell membranes.*
- ✓ Omega 6 EFAs are made from Linoleic Acid (LA). The body uses Omega 6 fatty acids to produce the PGE1 series of prostaglandins, which support immune system function and skin health.*
- ✓ Omega 9 or Oleic Acid is a monounsaturated fatty acid not considered essential because the body can produce it. Omega 9 fatty acids may help support cardiovascular function.*

Flaxseed Oil Naturally Provides a 1:4 ratio of Omega 6 to Omega 3:

- ✓ Research indicates the American diet has a ratio of 20:1 in favor of the Omega 6 fatty acids. Ideally this ratio should be 4:1 (Omega 6/Omega 3). The ratio of the Omega 6 to Omega 3 fatty acids in **Flaxseed Oil** is 1:4 (150 mg of LA to 585 mg ALA). Most diets supply much higher amounts of Omega 6 as compared to Omega 3 causing an imbalance of the Omega 6/Omega 3 ratio.

Flaxseed Oil Supports Prostaglandin Balance*

- ✓ Prostaglandins are hormone-like substances that regulate many of the body's functions, including smooth muscle contraction, dilation of blood vessels and are mediators in the process of inflammation.
- ✓ Prostaglandins are produced from Omega 3 and Omega 6 fatty acids and they must be in proper balance to maintain optimal cellular functions.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



- ✓ **Flaxseed Oil** provides Omega 6 and Omega 3 fatty acids in an optimal ratio.*
- ✓ **Flaxseed Oil** is cold pressed which means you get the full advantage of its natural compounds. Some manufacturing procedures use heat, which renders the fats inactive and unusable by the body.
- ✓ This product is produced from organically grown flax .

Supplement Facts

Serving Size 1 Softgel

Amount per Serving

	% Daily Value
Calories 10	
Calories from Fat 10	
Total Fat 1 g	2%†
Polyunsaturated Fat 0.5 g	*
Organic Flaxseed Oil 1,000 mg	*
Which typically contains:	
Alpha-Linolenic Acid (Omega-3) 450 mg	*
Linoleic Acid (Omega-6) 110 mg	*
Oleic Acid (Omega-9) 110 mg	*
Other Fatty Acids 50 mg	*

Other ingredients: gelatin, vegetable glycerin, natural caramel color, purified water.

Warning: If pregnant or nursing, consult your health care practitioner before taking this product.

Suggested Use: As a dietary supplement, take 1 softgel with a meal, 1 to 3 times daily.