

TOTAL FLAXSEED OIL

Ingredients: Each Capsule Contains: Cold Pressed Flaxseed Oil 1000mg.

Supportive Function: One of the best natural sources of omega-3 essential fatty acids, also found in cold water fish such as albacore tuna, ocean-run salmon, and orange roughy. Flaxseed oil contains alpha-linolenic acid (ALA), while fish oil contains eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) that ALA is converted into in the body. Omega-3 EFA's may help prevent blood clotting.

When is flaxseed oil helpful? Inflammation, skin condition (psoriasis, eczema, acne and dermatitis), allergies, heart disease, hypertension, premature aging, autoimmune disorders, ulcerative colitis (connection to vitamin D deficiency), neonatal development, arthritis, immune impairment, Alzheimer's, dementia, PMS, menopause and fibrocystic breast disease.

Clinical Applications/Research: Flaxseed Oil: There are many signs and symptoms associated with EFA deficiency. These include dry skin and hair, cracked nails, fatigue, lack of endurance, dry mucous membranes, depression, constipation, digestive complaints, immune deficiency, aching joints, forgetfulness, arthritis, cardiovascular disease, hypertension, and angina. Allergy problems usually respond well to EFA's. Many health conditions respond favorably to EFA supplementation (listed above).

Flaxseeds are high in both omega-3 fatty acids and lignans. Lignans are special compounds, which have shown some promise in relieving hot flashes, and containing antiviral, antibacterial, antifungal and anticancer properties. The gut flora converts the plant lignans into enterolactone and enterodiol, two compounds shown to have protective effects against breast cancer. Lignans bind to estrogen-receptor sites, preventing the cancer-promoting effects of estrogen on breast tissue.

Note: Flaxseed oil must be converted from alpha-linolenic acid and elongated to EPA and DHA using the delta-6 desaturase enzyme. This enzyme needs zinc, B6 and magnesium to function effectively. Trans fatty acids, saturated fats and alcohol also inhibit this enzyme.

Suggested Dosage: 1-2 tablets 3 times daily or as directed

Size: 90 capsules

Vegetarian: Yes

Contraindications: None known.