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PRIVATE LABEL

OUR BRAND OR YOURS.

# FLAX SEED OIL

## A Dietary Supplement to Support Cardiovascular and Immune System Functions.\*

### Flax Seed 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.\*

### Flax Seed 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 Flax Seed 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.

### Flax Seed 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.
- Flax Seed Oil provides Omega 6 and Omega 3 fatty acids in an optimal ratio.\*
- Flax Seed 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

Calories	10
Calories from Fat	10
Total Fat	1 g
Polyunsaturated Fat	0.5 g
Organic Flax Seed Oil	1000 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 you are pregnant, nursing or taking medications, consult your healthcare practitioner before taking this product.

- **Suggested Use:** As a dietary supplement, take 1 softgel with a meal, 1 to 3 times daily, or as directed by your health care practitioner.

Sold Exclusively Through Health Care Practitioners.

0200358.090 (90 Softgels)

\*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.

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