



Category 7
Nutritional Oils / Lecithin



GOODFORYOU
GOOD FOR LIFE

FLAX OIL (ORGANIC)

(Source of Omega-3 EFA's)
100 Softgels #101770

Description: Flax Oil Organic Cold Pressed: A source of Omega-3 EFA's, Flaxseed is rich in lignans which are thought to be protective against many kinds of cancer, especially breast cancer. Also very healthful for the heart and arteries. Reduces cholesterol levels (LDL) significantly. Estimates indicate our diets are deficient in this oil by at least 80 percent.

Contents / Ingredients

Many health conscious seekers believe that reducing fat intake within their diets will ensure good health, but the answer is not simply in how much fat we consume, but what type of fats we consume. In the quest to avoid fat, many people neglect to provide the body with a healthful supply of **essential fatty acids** (EFA's), "**good fats**" that may actually help protect against degenerative diseases. EFA's are the beneficial components of polyunsaturated fats and are critical in **building healthy cells**. They cannot be manufactured by the body and must be supplied through the diet. Currently, researchers estimate that at least **80 percent of our diets are deficient in this beneficial oil**. Our bodies convert omega-3 EFA's into beneficial prostaglandins that actually help counteract inflammation and support **heart health**. Also lignan, another compound in flax, may also have a powerful effects against many types of cancer. Flaxseed contains over **100 times the amount of lignans found in any other food**. Lignans are thought to be very effective against many kinds of cancer, especially **breast cancer**. Lignans have a mild antiestrogenic

Traditional Therapeutic Action

Supplement Facts

Serving Size 3 Softgels	Servings per Container 33	Amount Per Serving	% Daily Value
Calories		25	
Calories from Fat		24	
Total Fat		3 g	4% (**)
Saturated		<0.5 g	0% (**)
Polyunsaturated		2 g	(*)
Monounsaturated		0.5 g	(*)
Vitamin A (100% as Beta-Carotene)		24 IU	<1%
Organic Flax Seed Oil (Linum usitatissimum)		3 g (3,000 mg)	(*)
Omega-3 Fatty Acids		1.5 g (1,500 mg)	(*)
Omega-6 Fatty Acids		342 mg	(*)
Omega-9 Fatty Acids		366 mg	(*)
(*) Daily Value not established			
(**) Percent Daily Value based on a 2,000 Calorie Diet			
Other ingredients: Gelatin, Glycerin, Water and Carob.			
Contains no starch, yeast, wheat, corn, gluten, milk or preservatives, corn, soy, egg or milk.			

effect that enable them to compete with harmful forms of estrogen at receptor sites. Lignans help reduce excessive levels of circulating estrogens by stimulating sex hormone, binding globulin in the liver and by inhibiting an enzyme called aromatase. The effects of flax in one study were compatible with the drug tamoxifen (tamoxifen is a hormone blocker, hormones can accelerate cancerous growth), as an **antiestrogenic** drug used in treating breast cancer. Because lignans are primarily broken down in the colon through conversion by intestinal bacteria, they may also offer some **protection against colon cancer**. And will affect the breakdown of cholesterol and the production of secondary bile acids in the colon, substances that have been associated with the promotion of cancer. At least four clinical trials using flax confirm its **cardiovascular benefits**. Several studies show that flaxseed significantly lowers total **cholesterol and low-density lipoprotein (LDL) cholesterol levels**. Levels of healthful high-density lipoprotein (HDL) cholesterol do not appear to be significantly affected. Flax oil also considerably improves arterial compliance, a measure of the **elasticity of arteries** that is an indicator of risk for **heart disease and stroke**. In a study of patients with **eczema** (chronic, itchy inflamed skin), researchers found deficient levels of omega-3 EFA's, EPA, and DHA in body tissues, combined with excessive levels of omega-6 EFA's. This study demonstrates the importance of higher omega-3 intake, as well as the need to achieve the correct **balance between omega-3 and omega-6**.

SUGGESTED DOSAGE: As an herbal dietary supplement, take 3 softgels 2 to 3 times daily, preferably with meals..