

Flax Seed Oil

Essential fatty acid support

DESCRIPTION

Flax seed oil is a natural, concentrated source of the essential omega-3 fatty acid alpha-linolenic acid (ALA). Douglas Laboratories® Flax Seed Oil is organic and comprised of 50% ALA, as well as significant amounts of oleic acid and the essential linoleic acid in their natural triglyceride forms. Flax seed oil is extracted without the damaging effects of heat, light or oxygen, using a mechanical expeller press. Through this process, the oil is never exposed to temperatures above 96° F, retaining the contents of naturally occurring fatty acids, phosphatides, vitamins, minerals, and antioxidants.

INDICATIONS

- Alpha-linolenic omega-3 fatty acid support

FUNCTIONS

Sufficient dietary levels of ALA and other omega-3 fatty acids are important for healthy mucous membranes, skin and hair, while also serving as precursors for steroid production and hormone synthesis. Throughout our evolution, humans have been accustomed to diets providing roughly equal amounts of omega-6 and omega-3 fatty acids. However, over the last 200 years, the ratio of dietary omega-6 to omega-3 fatty acids has increased from about 1:1 to 20–25:1. Leading health professionals recommend ratios between 4:1 and 10:1. Dietary linoleic acid (18:2 omega-6) is a precursor to arachidonic acid (20:4), which, in turn, is a precursor to pro-inflammatory prostaglandin E2 and leukotriene B4, and platelet-aggregating thromboxane A2. The omega-3 fatty acid ALA provides a natural counterbalance because it is metabolized to the long-chain omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), which serve as precursors to prostaglandins E1 and E3, and may avert the formation of prostaglandin E2 and thromboxane A2.‡

Typical diets in developed countries deliver large amounts of saturated fatty acids, as well as the polyunsaturated omega-6 linoleic and arachidonic acids, but low levels of omega-3 fatty acids. The omega-3 fatty acid recommendation to achieve nutritional adequacy, defined as the amount necessary to prevent deficiency symptoms, is 0.6–1.2% of energy for ALA, up to 10% of which can be provided by EPA or DHA.‡

FORMULA (#202518)

1 softgel contains:

| | |
|---|--------|
| Calories | 9 |
| Total Fat | 1 g |
| Polyunsaturated Fat | 0 g |
| Omega-3 Fatty Acids..... | 520 mg |
| (as alpha-linolenic acid) | |
| Omega-6 Fatty Acids (as linoleic acid)..... | 110 mg |
| Omega-9 Fatty Acids (as oleic acid) | 140 mg |

Other ingredients: Organic flax seed oil, gelatin (capsule), glycerin and water.

Gluten-free, Non-GMO

SUGGESTED USE

As a dietary supplement, adults take 1 softgel daily or as directed by your healthcare professional.

SIDE EFFECTS

No adverse side effects have been reported.

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STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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For more information on Flax Seed Oil visit douglaslabs.com

‡ 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.

Manufactured by
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Your patients trust you.**

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