



Flax Seed Oil (organic)

INTRODUCED 2004

What Is It?

Flax seed oil, containing omega-3 fatty acids, provides support for a number of physiological functions, including cardiovascular, immune, joint and cell health.*

Uses For Flax Seed Oil

Omega-3 Fatty Acid Support: Alpha-linolenic acid, or ALA, is the main omega-3 fatty acid in flax seed oil and can be converted into eicosapentaenoic acid, or EPA, in the body, supporting healthy prostaglandin activity and cardiovascular function. High in omega-3 fatty acids, flax seed oil is also a source of other health-promoting fatty acids. Together, omega-3 and omega-6 fatty acids are supportive for immune system function, cell membrane integrity, joint function and lipid metabolism. Furthermore, this flax seed oil is specially processed to contain higher levels of naturally occurring lignans, the phytoestrogen compound multiple studies have indicated may help support breast, prostate, intestinal and cardiovascular health.*

What Is The Source?

Pure Encapsulations Flax Seed Oil is cold-pressed from certified organic flax seeds, a process that helps preserve the oil's health-promoting constituents. Each capsule provides 470 mg alpha-linolenic acid (omega-3 fatty acids), 128-192 mg linoleic acid (typical) and 4 mg lignans (typical).

Recommendations

Pure Encapsulations recommends 1-4 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

Flax Seed Oil (organic)

each softgel capsule contains	20 sg
calories	10
calories from fat	10
total fat	1 g
flax seed oil (organic, cold-pressed).....	1000 mg
contains:	
omega-3 fatty acids (alpha-linolenic acid)	470 mg
other ingredients: gelatin capsule, caramel color	
1-4 capsules per day, in divided doses, with meals.	

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

For educational purposes only. Consult your physician for any health problems.