



Flax/Borage Oil

INTRODUCED 2004

What Is It?

Flax/Borage oil provides both omega-3 and omega-6 fatty acids for supporting healthy lipid metabolism as well as healthy joint function. Flax seed oil provides 50% omega-3 fatty acids and borage oil provides 23% gamma-linolenic acid (GLA). The main fatty acid in borage oil is GLA, typically in concentrations of 17-25%. GLA is an essential fatty acid that has multiple physiological roles.*

Uses For Flax/Borage Oil

Joint Support: The combination of flax seed and borage oils offers a concentrated source of omega-3 fatty acids and GLA, providing the potential to simultaneously support prostaglandins E1 and E3 (PGE1 and PGE3) more efficiently than either oil alone. Borage oil and flax seed oil have been reported to support healthy joint function. A randomized, double blind, placebo-controlled trial reported statistically significant support of joint health in subjects supplementing with GLA from borage seed oil. A long-term, double-blind, controlled study reported that supplementation with omega-3 fatty acids also helped promote joint comfort.*

Cardiovascular Support: Multiple studies have investigated the effects of supplementing with either GLA or omega-3 fatty acids and have reported that both may be supportive of healthy lipid metabolism and cardiovascular function. Flax seed oil contains linoleic acid and alpha linolenic acid, ALA, an omega-3 fatty acid that can be converted into eicosapentaenoic acid (EPA) in the body. EPA is a long chain omega-3 fatty acid that converts to beneficial prostaglandins, such as PGE3, which enhance healthy cardiovascular function. A clinical study indicated that supplementing with GLA was supportive of healthy lipid metabolism and helped promote healthy blood flow.*

What Is The Source?

Pure Encapsulations borage and flax seed oils in this formula are chemical-free, fresh-pressed oils containing 23% GLA and 50% omega-3 fatty acids respectively. Pure Encapsulations Flax/Borage Oil also contains vitamin E (d-alpha tocopherol) (soybean oil).

Recommendations

Pure Encapsulations recommends 6-8 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Flax/Borage oil may cause bloating, nausea, indigestion, and headache in sensitive individuals.

Are There Any Potential Drug Interactions?

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

Flax/Borage Oil

each softgel capsule contains 12 sg	
calories	5
calories from fat	5
total fat	0.5
flax seed oil	500 mg
borage oil	100 mg
(These oils are fresh pressed; absolutely no chemicals are used in the extraction process.)	
provides:	
omega-3	225-250 mg
gamma linolenic acid (GLA)	18-22 mg
vitamin E (d-alpha-tocopherol)	(10 i.u.)
other ingredients: gelatin capsule, carob (to darken capsules)	
6-8 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.