



# Nutra-Flax

## INTRODUCED 1997

### What Is It?

Nutra-Flax is a high lignan flax seed powder providing fiber and omega-3 fatty acids to support GI health.\*

### Uses For Nutra-Flax

**GI Health:** Nutra-Flax provides flax seed powder, a natural source of fiber, lignans, and omega-3 fatty acids. Fiber is one of the most essential components of a healthy diet. Fiber normalizes bowel movements by increasing stool weight and decreasing stool transit time. It also supports healthy digestion by increasing pancreatic enzyme secretions and improves all aspects of colon function by maintaining a healthy level of intestinal microflora.\*

### What Is The Source?

Pure Encapsulations Nutra-Flax is sourced from partially defatted ground flax seed. Each capsule contains 750 mg of flax seed powder, typically providing 177 mg of insoluble fiber, 88 mg of soluble fiber, 4 mg lignans and 52 mg of omega-3 fatty acids. Each capsule contains approximately 2.9 calories from 284 mg carbohydrate. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

### Recommendations

Pure Encapsulations recommends 3–8 capsules per day, in divided doses, with or between meals, with 8–12 oz of water.


### Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Flaxseeds can cause digestive symptoms similar to other sources of dietary fiber including bloating, flatulence, abdominal pain, diarrhea, constipation, dyspepsia, and nausea. Consult your physician for more information.

### Are There Any Potential Drug Interactions?

Flaxseed may be contra-indicated with blood thinning medications. As a fiber, flaxseed may decrease the absorption of medications taken concurrently. Theoretically, it could decrease the effectiveness of estrogen containing medications, including oral contraceptives. Consult your physician for more information.

#### Nutra-Flax

each vegetable capsule contains	 V 00
flax seed powder .....	750 mg
3-8 capsules per day, in divided doses, with or between meals, with 8-12 oz. of water.	

\*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.

