**Chia/Echium Omega-3™**

Unique vegetable source of omega-3s including stearidonic acid

**DESCRIPTION**

Chia/Echium Omega-3 Capliques™ provide unique vegetable sources of omega-3 fatty acids. Two liquid filled capsules provide over 500 mg of omega-3 fatty acids, including the nutritionally important stearidonic acid.

**FUNCTIONS**

Typical diets in developed countries deliver large amounts of saturated fatty acids and the polyunsaturated omega-6 linoleic and arachidonic acids and low levels of omega-3 fatty acids. Throughout evolution, humans were accustomed to diets providing roughly equal amounts of omega-6 and omega-3 fatty acids. However, during the last 200 years, the ratio of dietary omega-6:omega-3 fatty acids increased from about 1:1 to 20-25:1. Leading health professionals now recommend ratios between 4:1 and 10:1. A healthy balance of dietary omega-6 and omega-3 fatty acids appears to be a prerequisite for normal immune function. Among other factors, sufficient dietary levels of ALA and other omega-3 fatty acids are also important for healthy mucous membranes, skin and hair, and serve as precursors for steroid production and hormone synthesis.†

Primary sources of omega-3 fatty acids include fish and seafood, which provide the well utilized omega-3 fatty acids EPA(eicosapentaenoic acid) and DHA(docosahexaenoic acid). Vegetable sources (including walnuts and flax seed) provide the precursor omega-3 fatty acid, ALA (alpha linolenic acid). While the omega-3 fatty acid ALA can be metabolized into the long chain omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), in some individuals this metabolism is incomplete. Vegetarians, individuals with allergies and others that choose to abstain from fish and seafood may find it difficult to obtain sufficient long chain omega-3 fatty acids for optimum health. Novel seed oils such as Chia and Echium can provide significant amounts of beneficial and desirable omega-3 and omega-6 fatty acids, including stearidonic acid and gamma linolenic acid.

Chia seed is a traditional food grown in Mexico and Guatemala. It has been consumed by many indigenous people, most notably the Aztecs and in more recent times, the Tarahumara, a tribe famous for their extreme long distance running and concomitant consumption of a chia seed drink. Chia oil is notable for providing significant amount of omega-3 fatty acids.

The chia seed oil used in this product is manufactured without the use of solvents, using a supercritical CO2 extraction process. This unique process is performed in the absence of oxygen, enhancing the oil’s stability and reducing the oxidation process.

The Echium plant (Echium plantagineum) is native to parts of Europe, Africa and Asia and is also commonly found in South America and Australia. Echium seed oil has been studied for its beneficial roles in cardiovascular health and may support already healthy blood lipid profiles.† The oil is notable for containing significant amounts of stearidonic acid. Stearidonic acid is attracting special interest to vegetarians and those unable to eat fish or seafood, as it can be more effectively converted into EPA as compared to ALA alone. Echium also provides the omega-6 fatty acid GLA (gamma linolenic acid), which can support normal skin health.

Research indicates that astaxanthin, a natural carotenoid found in algae and certain animals may play an important role in the moderation of the body’s normal response. Human studies also have reported its usefulness in maintaining normal joint and connective tissue as well as skin health. As a powerful antioxidant, it also can help protects cells from oxidative and free radical damage. Chia/Echium Omega-3 capsules include an excellent source of this carotenoid from a supercritical CO2 extract of the algae, Haematococcus pluvialis.

**INDICATIONS**

Chia/Echium Omega-3 Capliques™ may be a useful dietary adjunct for individuals wishing to obtain omega-3 and omega-6 fatty acids from novel oils.
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FORMULA (#200571)
2 Capliques™ Contain:
Chia Seed Oil ................................................................. 650 mg
(Salvia hispanica)
Echium Seed Oil .......................................................... 650 mg
(Echium plantagineum)
Providing Approximately:
Omega-3 Fatty Acids .................................................. 580 mg
Including:
Stearidonic Acid .......................................................... 60 mg
Omega-6 Fat Acids
Including:
Gamma Linolenic Acid ............................................... 55 mg
Astaxanthin ............................................................... 2 mg

SUGGESTED USE
Adults take 2 capliques daily with meals or as directed by physician.

SIDE EFFECTS
No adverse side effects have been reported.

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

REFERENCES
Ayerza R Jr, Coates W. Effect of dietary alpha-linolenic fatty acid derived from chia when fed as ground seed, whole seed and oil on lipid content and fatty acid composition of rat plasma. Ann Nutr Metab. 2007;51(1):27-34.


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For more information on Chia/Echium Omega-3 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.

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