Flax Seed Oil
Nature’s richest source of alpha-linolenic acid

DESCRIPTION
Flax seed oil is nature’s most concentrated source of alpha-linolenic acid (ALA), an essential omega-3 fatty acid. Douglas Laboratories’ Flax Seed Oil provides 55-60% 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, and oxygen using a mechanical expeller press. Using this process, the oil never is exposed to temperatures above 96º F, and it retains its natural color and contents of naturally occurring fatty acids, phosphatides, vitamins, minerals, and antioxidants. Flax Seed Oil is available as a liquid or in softgel form.

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. Dietary linoleic acid (18:2 omega-6) is a precursor to arachidonic acid (20:4) which in turn is a precursor for 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 for the anti-inflammatory prostaglandins E1 and E3, and decrease the formation of prostaglandin E2 and thromboxane A2. 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.

INDICATIONS
Flax Seed Oil may be a useful dietary adjunct for those who wish to supplement their diets with omega-3 fatty acids.

FORMULA (#FLX)
Each softgel contains:
- Flax Seed Oil .................................................. 1,000 mg
- Alpha-Linolenic Acid (18:3) ...................................... 550-600 mg
- Other Fatty Acids (typical analysis):
  - Myristic Acid (14:0) ............................................. 1 mg
  - Myristoleic Acid (14:1) ....................................... 1 mg
  - Palmitic Acid (16:0) .......................................... 50 mg
  - Palmitoleic Acid (16:1) ....................................... 1 mg
  - Stearic Acid (18:0) ............................................ 30 mg
  - Oleic Acid (18:1) ................................................ 170-200 mg
  - Linoleic Acid (18:2) ........................................... 120-200 mg
  - Arachidic Acid (20:0) ......................................... 1 mg
  - Icosenoic Acid (20:1) ....................................... 2 mg

Nutrition Facts for Organic Flax Seed Oil softgels
Serving Size: 1 softgel
Servings Per Container: 100
- Calories ......................................................... 10
- Calories from Fat ........................................... 9
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Total Fat .................................................. 1 g
Saturated Fat ........................................ 0 g
Monounsaturated Fat ................................. 0 g
Polyunsaturated Fat ................................ 0.5 g
Cholesterol ............................................ 0 mg
Sodium .................................................. 0 mg
Total Carbohydrates ................................. 0 g
Sugars .................................................... 0 g
Protein .................................................... 0 g

SUGGESTED USE
One to three softgels three times daily as a dietary supplement, or as directed by a physician. Take with food.

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

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.