



FLAXSEED OIL

Over eight thousand years ago our hunter/gatherer ancestors ate flax along with other grasses. Flaxseed Oil contains high levels of omega-3 and omega-6 essential fatty acids and of omega 9 fatty acids in the ratio of 4:1:1.

Because omega-3 fatty acids easily become rancid, they are removed from food during processing, thus a diet already low in omega-3 fatty acids becomes even lower, and it is difficult to replace these from food alone. To compound the problem, omega-3's are very fragile and easily destroyed by heating.

The increase in levels of omega-6 and an 80% decrease in omega-3 fatty acids in our diets over the last 100 years has been blamed by some for the increase of degenerative diseases. Taking a Flaxseed Oil supplement helps restore the balance.



The Benefits of Flaxseed Oil

Heart health - has been shown to help maintain normal serum triglycerides and cholesterol (blood fats) levels. Omega-3's have been associated with a lower incidence of high blood pressure and blood clots. Flaxseed Oil is thought to reduce elevated levels of homocysteine (high levels of which are believed to be major risk factors in heart disease).

Calorie loss mechanism - essential fatty acids (EFAs) stimulate metabolism, increase metabolic rate and speed up the rate at which our body burns fat and glucose.

Female health - Flaxseed Oil is thought to regulate hormone levels and relieve some of the symptoms of the menopause such as hot flushes and yeast infections due to vaginal dryness. It can also be useful when suffering from PMS.

Rheumatoid arthritis - omega-3 fatty acids contain a natural anti-inflammatory agent that is said to relieve the symptoms of rheumatoid arthritis,

Exercise ability - body builders use Flaxseed Oil to increase stamina and to speed recovery from exercise (thought to be due to its anti-oxidant properties and its anti-inflammatory effect).

Cell health - omega-3 and omega-6 EFA's stabilise and strengthen cell membranes. Unhealthy or leaky cells are the basis of many problems including allergies, psoriasis and other inflammatory diseases.

Moods - male and female mood improves with EFA supplementation.



Properties

Flaxseed Oil is probably the best source of omega-3 EFA's containing 58% alpha linolenic acid (ALA), the highest amount of any product. Flaxseed Oil also comprises 15% of the omega-6 EFA linoleic acid and 17% of the omega-9 fatty acid oleic acid. Flaxseed Oil is a rich source of lignans which have been shown to help relieve menopausal hot flushes and to have antibacterial, antifungal and antiviral functions.

Omega-3 and omega-6 EFA's are precursors of prostaglandins which are very active biological substances involved in nearly every bodily function including the inflammatory process, healing and repair, the immune system, the neural circuits in the brain, the cardiovascular system, the digestive and reproductive systems and the body thermostats. Omega-3's and 6's stabilise and strengthen cell membranes making them more flexible and fluid. Healthy membranes improve cell function, helping the building of new tissue and the repair of old.



Contra-indication/Precautions

At the time of writing, there are no known side effects or drug interactions with Flaxseed Oil.



Why Choose Natures Aid Flaxseed Oil?

Each Natures Aid Flaxseed Oil capsule contains 1000mg of cold pressed and filtered Flaxseed Oil prepared to the exacting standards of the British Pharmacopoeia.



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