

Rich source of omega-6  
and omega-3 fatty acids

- COLD PRESSED
- MEDIATES INFLAMMATIONS



**Our** flax is obtained from certified organically grown flaxseeds. It is extracted by expeller pressing at temperatures less than 100° F without the use of solvents, such as hexane. The oil is protected during the extraction process from the damaging effects of heat, light and oxygen.

Flaxseed Oil contains 20% flax particulates with 11 mg of lignans per tablespoon, the highest source of omega-3 available. Current research indicates that lignans have important nutritive and preventive properties.

Nutritionists, researchers, and even scientists believe that it could be the most important health-promoting supplement next to a multi-vitamin. Nearly every system in the body can benefit from flaxseed oil.

Omega-6 and omega-3 fatty acids are known to play important roles in the formation of prostaglandins. Prostaglandins are cellular regulators, which control the inflammatory process in the body. Flaxseed oil, which contains large amounts of omega-3 fatty acids and adequate amounts of omega-6 fatty acids, are helpful in protocols which deal with cardiovascular disease, hypertension, arthritis, psoriasis, cancer, diabetes and kidney disease. Flaxseed oil is best used on salads, other foods, or taken by itself. Flaxseed oil is not suitable for cooking because it oxidizes when heated.

Flaxseed oil also slows the aging process, shields the skin from wrinkling, boosts production of new skin, hair and nails. Studies have also shown that flax lowers risks of breast and colon cancer, restores proper metabolic function, enables the body to excrete fat and toxins that are trapped in tissues.

#### **Ingredients:**

Flax seed oil, 100% pure, cold-pressed .....	1000 mg
Supplying the following:	
Linolenic acid (ALA) omega-3 fatty acids .....	570 mg
Linoleic acid (LA) .....	142 mg
Oleic acid .....	91 mg

Non-medicinal ingredients: In a shell of gelatin, glycerin, purified water and carob.

Contains no: Preservatives, artificial flavour or colour, sugar, milk, starch, wheat, corn, soy or yeast.

#### **Suggested use:**

As a dietary supplement, take 2 softgels, 2 to 4 times a day or as directed by your health care practitioner.

**Store in a cool, dry place, away from sunlight.**

**Keep out of reach of children.**

*Manufactured under strict GMP (Good Manufacturing Practices)*  
*New Roots Herbal at 1-800-268-9486 or [www.newrootsherbal.com](http://www.newrootsherbal.com)*