



Presents for your consideration:

Flax Seed Oil & **INOSITOL capsules**

Flax Seed Oil is a rich source of alpha-linolenic acid (ALA) with smaller amounts of linoleic acid and oleic acid (40-60%, 15%, 15% respectively). ALA, an omega-3 fatty acid is further metabolized into eicosapentaenoic acid (EPA). EPA is a precursor to the prostaglandin E3 (PGE3), Leukotriene 5 and Thromboxane 3 series of metabolites. Flax seed oil nutritionally supports the maintenance of healthy prostaglandin balance and promotes overall health.

- **Excellent source of Essential Fatty acids**
- **Promotes cell membrane health and fluidity**
- **Antioxidant properties**

Specifically, the flax seed oil ALA metabolites may inhibit PGE2, Leukotriene B4, and the proinflammatory cytokines, tumor necrosis factor-alpha and interleukin-1 beta. ALA benefits cell membrane fluidity. Flax seed oil also contains a beneficial lignan that is metabolized by bacteria in the colon to enterolactone and enterodiol.. Lignans have been shown to

promote healthier estrogen balance. In various studies lignans have been shown to possess antioxidant properties.

| Flax Seed Oil | Amounts per serving |
|--|----------------------------|
| Serving size | 1 capsule |
| Number of servings per container | 90 |
| Flax Seed Oil | 1000 mg |
| Suggested Dose: Take 1 capsule twice per day or as directed by a health care practitioner. | |

INOSITOL was shown as early as 1944 to act as a lipotropic agent. **Inositol hexaniacinate** decreases free fatty acid metabolism and helps maintain healthy cardiovascular function.

- **Maintains cardiovascular function**
- **Helps maintain healthy blood sugar metabolism**
- **Helps maintain neurological function**

Sorbitol accumulation has been noted in conditions where poor function is occurring in peripheral nerves. Inositol acts as an aldose reductase inhibitor, thus reducing excess sorbitol and benefiting neurological function.

| INOSITOL | Amounts per serving |
|---|----------------------------|
| Serving size | 1 capsule |
| Number of servings per container | 90 |
| Inositol | 650 mg |
| Suggested Dose: Take 1 capsule one to three per day or as directed by a health care practitioner. | |

References:

PDR for Nutritional Supplements. Medical Economics/Thomson Healthcare. 2001

Gavin G, McHenry EW. Inositol as a lipotropic agent. J Biol Chem 148:275, 1944.

Greene DA et al. Are disturbances of sorbitol, phosphoinositide, and Na⁺ - K⁺ - ATPase regulation involved in pathogenesis of diabetic neuropathy? Diabetes 37(6):688-93, 1988.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

***For Quality and Value without
Compromise***



Is the logical choice!