

Flax Hull Lignans

200 grams Bulk Herb, Stock No. 1102-9

Flax is one of the most ancient of useful herbs. Its Latin name, *Linum usitatissimum*, means "most useful." The usefulness of flax to humankind predates earliest recorded history. Ancient Egyptians grew flax along the Nile and wove linen fabrics for clothing, bed sheets, diapers, sails, even wrapping for mummies. Flax was also used for culinary purposes and recognized by ancient healers for its medicinal value. The Greek physician Dioscorides extolled flax seed's power for "reducing all inflammation inwardly and outwardly," and Hippocrates encouraged the use of flax seed for the relief of abdominal pains.

The essential fatty acids in flax oil are the best known constituent in flax seed for providing health benefits. Flax oil has become one of the most beneficial and sought after health products in the marketplace. While most of the attention surrounding flax seed has been its source of essential fatty acids, recent studies and research have revealed that the substance called "lignan" within flax seed may surpass flax oil in its health benefits.

Lignans are a group of phytonutrients (plant nutrients) which are found in seeds, grains and vegetables. Flax seed is by far nature's richest source of plant lignans. The lignans are found in the fibre hull of the seed. Flax seed contains a total of 27 different lignans, the main one being secoisolariciresinol diglycoside (SDG). The first interest in biological activity of SDG arose in the early 1980's when investigators reported that the level of

lignans in the body were lower in patients with breast cancer than in tumour-free patients.

Did you know?

There are two general types of lignans: those found in plants, and those found in animals and humans, or "mammalian lignans." When the flax lignan SDG is ingested, it is converted in the colon by bacteria to the mammalian lignans enterodiol and enterolactone. Many studies have shown the important health benefits that exist due to this conversion of flax lignan in the body. Researchers have studied its effects on hormone-related tumours, the immune system, aging and heart disease. Studies have shown that SDG may interfere with the development of breast, prostate, colon, and other cancers.

NSP Advantage

200 grams of the highest potency flax hull lignans available on the market. Each jar contains approximately 66 servings.

While most commercial processes to extract lignans are chemical and extract only the SDG, Nature's Sunshine's Flax Hull Lignans are derived from a mechanical extraction process that provides all 27 of the lignans in the flax hull.

Ingredients: Each jar contains 200 g of flax hull lignans, containing 30 – 60 mg of SDG per gram.

Recommendation: Mix one scoop (5 g) in food or liquid (scoop included).

Features & Benefits

- SDG lignan is a potent antioxidant and has also been shown to enhance immune system functioning.
- Lignans are considered phytoestrogens. These compounds are able to mimic the hormone estrogen in the body and may reduce the effects of estrogen overload.
- Flax Hull Lignans contains flax fibre, which is very beneficial to the digestive tract. Flax fibre behaves as a gentle laxative by adding bulk to the stool, which in turn promotes regularity.