

Flax Seed Oil

60 soft gel capsules, Essential Fatty Acid Supplement, Stock No. 1770-3

Several studies show that consumption of Omega-3 oils leads to a substantially lower risk of death from coronary heart disease.

Until recently, it was believed the best source of omega-3 was fish oils. However, Flax Seed Oil contains twice as much omega-3 as fish oil products.

Scientists at the National Cancer Institute became interested in omega-3 EFAs in general, and Flax Seed Oil in particular, after numerous European studies had shown that omega-3 can shrink cancerous tumors and have a potent anti-cancer effect on breast, prostate, and lung cancer.

Although much attention has been focused on the need to reduce dietary fat, the body does need fat. What our body needs most are essential fatty acids, which are found in high concentration in the brain. Every cell in the body needs essential fatty acids for survival.

Did you know?

Flax seed oil can turn rancid very quickly. Taking Flax Seed Oil capsules daily is a con-

venient way to get the full benefits of flax seed oil without the inconvenience. And that's precisely why Nature's Sunshine encapsulates this precious oil in soft-gel carob-coated capsules for light resistance, with no added chemicals or additives.

NSP Advantage

60 carob-coated soft-gel capsules. Plant source essential fatty acids (EFAs) supplement.

Ingredients: 1000 mg of 100% unrefined flax (*Linum usitatissimum*) seed oil with the following nutritional profile:

Omega-3..... 550-600 mg (55-60%)

Omega-6..... 170-200 mg (17-20%)

Omega-9..... 160-200 mg (16-20%)

The ingredients are described in ranges due to natural variations from different flax harvests.

Recommendation: Take one or two capsules with a meal three times daily. Note: Store tightly capped out of the sun.

Features & Benefits

- Flax Seed Oil is a source of essential fatty acids for the maintenance of good health. Essential fatty acids aid in the transmission of nerve impulses and are needed for the normal development and functioning of the brain.
- NSP's Flax Seed Oil is sourced from brown flax seeds and is 100% organic and unrefined. Obtained through cold pressing of the seeds.
- Essential fatty acids have been studied for the relief of symptoms of rheumatoid arthritis, psoriasis, allergies, and other inflammatory disorders.
- Omega-3 supports the immune and circulatory systems.
- Omega-6 supports the glandular and structural systems.
- Omega-9 supports the respiratory system.