



High Lignan Flax Seed Oil

INTRODUCED 2004

What Is It?

High Lignan Flax Seed Oil is a concentrated source of lignans and omega-3-fatty acids.*

Uses For Flax Seed Oil

Support For Various Physiological Functions: Alpha-linolenic acid, or ALA, is the main omega-3 fatty acid in flax seed oil and can be converted into eicosapentaenoic acid, or EPA, in the body, supporting healthy prostaglandin activity and cardiovascular function. Flax seed oil is also a source of other health promoting fatty acids. Together, omega-3 and omega-6 fatty acids are supportive for immune system function, cell membrane integrity, joint function and lipid metabolism. Pure Encapsulations' High Lignan Flax Seed Oil also provides lignans, the phytoestrogen compound multiple studies have indicated may help support breast, prostate, intestinal and cardiovascular health.*

What Is The Source?

High Lignan Flax Seed Oil is cold-pressed from organic flax seeds.

Recommendations

Pure Encapsulations recommends 1-4 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

High Lignan Flax Seed Oil

each softgel capsule contains	20 sg
organic high lignan flax seed oil.....	1000 mg.
typically contains:	
alpha-linolenic acid.....	456-684 mg.
lignans	4 mg.
other ingredients: gelatin capsule, caramel color	
1-4 capsules per day, in divided doses, with meals.	

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

