



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



# LinumLife™

## What Is It?

Produced naturally from flaxseed hulls without the use of chemicals or additives, LinumLife is distinguished as a standardized, highly concentrated source of lignans, as well as important fatty acids and fiber. The main lignan in flax is secoisolariciresinol diglycoside (SDG). SDG is metabolized into enterodiol (ED) and enterolactone (EL) in the body.\*

## Uses For LinumLife™

**Prostate Health:** A recent pilot study performed at Duke University Medical Center reported that flaxseed combined with a low fat diet supported prostate health. The proposed mechanism involves a moderation of 5 alpha-reductase enzyme activity, which converts testosterone into dihydrotestosterone (DHT).\*

**Breast Health:** A clinical study involving postmenopausal women reported that flaxseed supplementation produced a significant shift in estrogen metabolism, favoring the production of the more desirable weak estrogen, 2-hydroxyestrone. Long-term clinical studies involving flax lignan supplementation in women and its effects on breast health are currently underway.\*

**Cardiovascular Health:** Lignans have been reported to support platelet function, vascular health and lipid metabolism, providing potential support for cardiovascular health. A double-blind, randomized study demonstrated the potential for flaxseed supplementation to support healthy lipid profiles in postmenopausal women.\*

**Colon Health:** The ability of lignans to support colon cell health has been reported in numerous studies; however the exact mechanism still remains unclear. Furthermore LinumLife's dietary fiber content and antioxidant protection provided by the SDG, ED and EL compounds may also help support colon health.\*

## What Is The Source?

LinumLife is produced naturally from flaxseed hulls without the use of chemicals or additives.

## Recommendations

Pure Encapsulations recommends 1-2 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.

### LinumLife™

#### each vegetable capsule contains



flaxseed (hull) .....	800 mg.
(standardized to contain 3.5-6% lignans) .....	28-48 mg.
providing:	
omega-3 fatty acids .....	48-64 mg.
omega-6 fatty acids .....	8-24 mg.
total dietary fiber .....	400-480 mg.
soluble fiber .....	200-280 mg.

1-2 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.