Flax Oil Organic

PREMIUM SOURCE OF OMEGA-3 ESSENTIAL FATTY ACIDS

- Certified organic, plant-based omega-3 essential fatty acids.*
- Helps support a healthy inflammation response.*
- Researched for joint, cardiovascular & mood health.*
- Helps promote healthy eyes, brain, skin & cell membranes.*

Flax Oil Organic is an excellent source of alpha-linolenic acid (ALA), an essential omega-3 fatty acid required for health. ALA can not be synthesized within the body and must be obtained from dietary sources. Foods such as flaxseeds, chia seeds, walnuts and dark green leafy vegetables, including the wild weed purslane, are all excellent sources. Taking a high quality flaxseed oil supplement such as Flax Oil Organic capsules offers convenience for the patient while allowing for thoughtful optimization of omega-3 fatty acid dosing.

Alpha-linolenic acid supports health in many ways, beginning with its critical role as a component of healthy cell membranes. When incorporated into the phospholipid bilayer of cell membranes throughout the body, ALA helps promote and maintain healthy cell membrane flexibility, fluidity, permeability, and membrane-bound enzyme activity.

Alpha-linolenic acid also serves as the biological precursor of two important, longer-chain omega-3 fatty acids: EPA and DHA, well known to be present in fish oil. Under proper physiologic circumstances, ALA converts to EPA and DHA in the body. Both EPA and DHA have been shown to directly provide heart-healthy, anti-inflammatory and brain supportive benefits. EPA is best known as the direct precursor to anti-inflammatory eicosanoid molecules (thromboxanes, prostaglandins and leukotrienes). DHA also exhibits anti-inflammatory activity, and serves as a critically important structural fatty acid—notably in brain, eye and heart muscle tissues.

An adequate supply of essential fatty acids, particularly omega-3s such as ALA, is required for the optimal function of numerous organs and systems in the human body—notably the heart, vascular system, immune system, brain, eyes and skin. Unfortunately, omega-3 fatty acids are commonly deficient in Western diets, leading to impaired health. Taking flaxseed oil helps to significantly increase ALA levels and has been studied for numerous benefits including: helping to maintain cholesterol and platelet aggregation

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levels already within the normal range, helping to support joint and cartilage comfort and function, helping to maintain heart health and helping to support the maintenance of healthy prostaglandin levels.

Research indicates that deficiencies of omega-3 fatty acids may cause a wide range of common symptoms, notably dry skin and scalp, depressed mood and energy levels, and problems of metabolic dysregulation. These issues as well as brain and mental function, cardiovascular health and insulin sensitivity all may benefit from supplementation with high quality flaxseed oil.

**Flax Oil Organic** provides 1000 mg of certified organic, golden flaxseed oil per capsule—50% of which is alpha-linolenic acid—and contains no gluten or genetically modified organisms. Each batch is rigorously tested for heavy metals, microbial contaminants, synthetic additives and essential fatty acid content, both before and after manufacturing, to ensure purity and potency.

**Optimizing Patient Omega-3 Levels**

Experts at the National Institutes of Health and worldwide suggest that deficiency in omega-3 long chain fatty acids is a risk factor for numerous morbidity and mortality outcomes—from coronary heart disease, stroke and cardiovascular disease to bipolar disorder and depression. Supplementation with a high quality, appropriately dosed omega-3 supplement in conjunction with key dietary improvements is an ideal strategy for helping patients optimize fatty acid profiles.

Diets high in processed foods tend to be overloaded with omega-6 fatty acids and deficient in omega-3s. Such diets are well known to be highly inflammatory. Plant-based, Mediterranean style diets that include 2 to 3 servings per week of fatty fish, such as wild-caught salmon, plus other omega-3 rich foods (walnuts, chia/flax seeds, dark green leafy vegetables, grass-fed animal products) are higher in omega-3s and considered anti-inflammatory. Many experts believe that the ideal balance of omega-6 to omega-3 fatty acid intake should mimic that of ancestral diets, proposed by Eaton and Cordain to be a 2:1 or 3:1 ratio. Patient dietary patterns, as well as clinical symptomology and tests such as the omega-3 index are valuable assessment tools for determining appropriate dosing of **Flax Oil Organic**.

**REFERENCES**


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