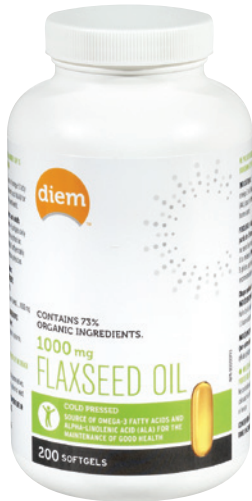


Flaxseed Oil 1000 mg Softgels



Product Summary:

Until recently the full value of flaxseed wasn't broadly understood—it tastes good and has pretty blue flowers—but science has now verified that the tiny flaxseed is a great source of omega-3 (ALA) and omega-6 (GLA) essential fatty acids that the body cannot manufacture and must be obtained from regular dietary intake of fats and oils. Research shows that omega-3s may protect against cardiovascular disease because they help maintain healthy triglyceride and cholesterol levels. Made with certified organic flax.

Properties/Uses:

The claim as approved by the *Natural Health Products Directorate* (NHPD): Source of omega-3 fatty acids and alpha-linolenic acid (ALA) for the maintenance of good health.



GENERAL HEALTH
& WELLNESS



Pharmacology:

Historically valued for its abundance of oil, flax is high in polyunsaturated fatty acids, particularly essential omega-3 (57%) and omega-6 (16%). It is a source of the omega-3 fatty acid alpha-linolenic acid (ALA) and the omega-6 fatty acid linoleic acid. In fact, flaxseed oil is one of the richest sources of ALA. ALA and linoleic acid are needed for the structural integrity of cell membranes. ALA is a precursor to the omega-3 fatty acids found in fish oil: EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid).¹

Omega fatty acids are required for optimum body growth and function but most modern diets do not contain the right amounts of omegas. Consuming flax and flax products can improve one's omega-6 to omega-3 fatty acid ratio while it promotes regularity, lowers blood cholesterol and improves immune function. Also, adding flax to the diet regularly may help prevent or improves chronic diseases in which inflammation plays a role, such as heart disease, stroke, diabetes, cancer and obesity.² Many double-blind studies have shown that taking fish oil or flaxseed oil supplements is effective in lowering blood pressure.³

Flax is also a rich source of lignans—a nutrient that is being studied for its potential health benefits for both men and women. Lignans are antioxidants. Recent scientific studies are looking into their potential anti-cancer properties, especially for breast, prostate and colon cancer.



Manufactured product information:

Manufacturer:

WN Pharmaceuticals® Ltd.

Size/UPC:

200's 7 77747 10279 2

NPN:

80000193

Expiry Date:

36 months from date of manufacture

Active Ingredient:

Each softgel contains:

Organic Flaxseed Oil (*Linum usitatissimum*) (seed)..... 1000 mg

Non-Medicinal Ingredients (in descending order):

Softgel capsule (gelatin, glycerin, purified water)

Appearance:

Clear yellowish oil encapsulated in an oblong clear soft gelatin shell.

Packaging:

625 cc white round bottle with safety seal under a 53 mm white induction sealed cap with vented interior seal and a label applied to the bottle. Lot number and expiry date are printed on the label applied to the exterior of the bottle.

Storage:

Store in a cool, dry place. Avoid light and heat.





Dose:

As per the NHPD Monograph for flaxseed oil, the daily dose for children 2-4 years old is 0.04 – 5.33 g; for children 5-9 years old is 0.06 – 8 g; for adolescents 10-14 years old is 0.12 – 16 g; and for adolescents and adults 15 years and older is 0.23 – 32 g.⁴

Directions:

(Adults): *Adolescents and adults 15 years and older:* 4–8 softgels daily or as recommended by a physician. *For omega-6 and LA:* 8 softgels daily or as recommended by a physician

Caution:

The caution as approved by the *Natural Health Products Directorate* (NHPD): KEEP OUT OF THE REACH OF CHILDREN. STORE AT ROOM TEMPERATURE IN A DARK, DRY PLACE. DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Deficiency Symptoms:

It is recognized that the human body requires a large variety of nutritional substances necessary for optimal growth and development. Among these crucial elements, omega-3 and omega-6 fatty acids are termed 'essential' because they are necessary for good health. Since the human body cannot make them on its own, the essential fatty acids must be supplied in the diet.

A deficiency in omega-3 can lead to a host of health issues including cardiac and circulatory disorders, disorders of the skin (eczema), disorders of the kidneys and liver, with various inflammatory problems, arthritis, weight disorder and failure of the immune system.

Drug Interactions/Contraindications:

There is some evidence that flaxseed oil can decrease platelet aggregation and increase bleeding time. In theory, concomitant use of flaxseed oil and anticoagulant or antiplatelet drugs can have an additive effect and increase the risk of bleeding.¹



Toxicity/Adverse Reactions:

Flaxseed oil is generally well tolerated. Loose stools and diarrhea have been associated with doses greater than 30 grams per day. Some people have reported allergic and anaphylactic reactions.¹





Allergen Content/Ingredient Sensitivity:

NO	YES
Artificial Colors	Sulphites (<10 ppm)
Artificial Flavors	
Artificial Sweeteners	
Corn Products	
Egg Products	
Fish	
Gluten	
Hydrolyzed Plant Protein	
Lecithin	
Milk Products	
Peanuts	
Preservatives	
Sesame Products	
Shellfish	
Soy Products	
Starch/Modified Starch	
Tartrazine	
Tree Nuts	
Wheat Products	
Yeast	

NOT ACCEPTABLE FOR THE FOLLOWING DIETARY RESTRICTIONS:

Free of animal products

Kosher





References:

1. Natural Medicine Comprehensive Database (NMCD), Flaxseed Oil Monograph, Accessed March 12, 2011 [Available from: <http://www.naturaldatabase.com/>]
2. Flax Council. Flax—A health and Nutrition Primer. Winnipeg, MB, 2003. [Available at www.flaxcouncil.ca]
3. Flax Council of Canada. Flaxseed – High Intakes of Alpha-Linolenic Acid (ALA) Reduce Risk of Cardiovascular Diseases. Flaxseed and Human Nutrition.
4. Health Canada, Flaxseed Oil Monograph, Accessed April 2012 [Available from: <http://www.hc-sc.gc.ca>]

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