



Flax Seed Oil Caps

Why you may need Flax Seed Oil Caps: The typical diet in the U.S. is excessively higher in omega-6 fatty acids than omega-3 fatty acids ranging anywhere from a 10 to 1 to a 30 to 1 in ratio. The optimal ratio is suggested to be below 4 to 1. Diets deficient in omega-3 fatty acids can pose enormous consequences on body metabolism and function. Omega-3 fatty acids serve many biological roles. Many medical studies have shown that excessive levels of omega-6 fatty acids compared to omega-3 fatty acids can increase the probability of a number of diseases including heart disease, hypertension, obesity, diabetes, premature aging, depression and certain cancers. In fact many of the medications used to treat and manage these conditions work by basically blocking the effects of the omega-6 fatty acids. One such EFA of particular importance is Alpha Linolenic Acid (ALA). ALA plays a vital role in the formation of your cell walls, making them flexible and supple. Healthy cell walls also promote proper blood circulation, ensuring that each part of your body gets enough nutrients. A deficiency in Omega-3 fatty acids may lead to hypertension, poor vision, poor memory, learning disorders, and a weak immune system. Flax seed oil has one of the richest concentrations of ALA and has been shown in many studies to lower total cholesterol, LDL (bad cholesterol) and triglycerides, help regulate blood pressure, reduce inflammation and keep blood platelets from sticking thereby reducing the risk of heart attack.

Why your healthcare practitioner recommends Flax Seed Oil Caps: Flax Seed Oil Caps from Biotics Research supply 1,000 mg of pure flax seed oil per capsule, providing an all natural source of alpha linolenic, linoleic, and oleic acids. The oil is cold pressed, from certified organically grown flax seeds. The raw material is pressed in small batches to prevent heat damage to the oil with the highest industry standards to assure against peroxidation and rancidity. This is the kind of quality control your healthcare professional has come to expect from Biotics Research Corporation.



Supplement Facts

Serving Size: 1 Capsule

	Amount Per Serving	% Daily Value*
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%
Saturated Fat	0 g	
Cholesterol	0 mg	
Vitamin A (as naturally occurring beta carotene)	430 IU	9%

* Percent Daily Values based on a 2,000 calorie diet

Ingredients: Flax seed oil, gelatin, water, glycerin, carob and d-alpha tocopherol.

Each capsule contains 1,000 mg of pure flax seed oil, cold pressed from certified organically grown flax seed, providing a natural source of alpha linoleic acid and oleic acid.

RECOMMENDATION: One (1) capsule with each meal as a dietary supplement or as otherwise directed by a healthcare professional.

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For more information on Flax Seed Oil Caps, please contact your healthcare provider