

Frontier Flax

Vegetarian Capsules



Healthy-Aging

Cardiovascular

Skin

NutritionalFrontiers.com
(412) 922-2566



Frontier Flax

Available in 120 Count Vegetarian Capsules

Flax Seed Oil:

- Provides Omega 3, Omega 6 and Omega 9 Essential Fatty Acids.
- Is a great vegetarian source of Omega 3 fatty acids.
- Naturally provides a 1:4 ratio of Omega 6 to Omega 3 fatty acids.
- Supports Cardiovascular and Immune System functions.
- Supports Prostaglandin Balance.

Provides Essential Fatty Acids:

- Essential fatty acids (EFAs) are polyunsaturated fats that the body cannot manufacture and must be obtained from foods.

• Omega 3 EFAs are produced from Alpha-Linolenic Acid (ALA). The Omega 3 fatty acids are especially important for the heart, brain and cell membranes.

• Omega 6 EFAs are made from Linoleic Acid (LA). The body uses Omega 6 fatty acids to produce the PGE1 series of prostaglandins, which support immune system function and skin health.

• Omega 9 or Oleic Acid is a monounsaturated fatty acid not considered essential because the body can produce it. Omega 9 fatty acids may help support cardiovascular function.

Flax Seed Oil Naturally Provides a 1:4 ratio of Omega 6 to Omega 3:

• Research indicates the American diet has a ratio of 20:1 in favor of the Omega 6 fatty acids. Ideally this ratio should be 4:1 (Omega6/Omega3). The ratio of the Omega 6 to Omega 3 fatty acids in Flax Seed Oil is 1:4 (150 mg of LA to 585 mg ALA). Most diets supply much higher amounts of Omega 6 as compared to Omega 3 causing an imbalance of the Omega6/Omega3 ratio.

Flax Seed Oil Supports Prostaglandin Balance:

• Prostaglandins are hormone-like substances that regulate many of the body's functions, including smooth muscle contraction, dilation of blood vessels and are mediators in the process of inflammation.

• **Prostaglandins** are produced from Omega 3 and Omega 6 fatty acids and they must be in proper balance to maintain optimal cellular functions.

• **Flax Seed Oil** provides Omega 6 and Omega 3 fatty acids in an optimal ratio.

• **Flax Seed Oil** is cold pressed which means you get the full advantage of its natural compounds. Some manufacturing procedures use heat, which renders the fats inactive and unusable by the body.

SUPPLEMENT FACTS

Available Bottle Size: 120

Serving Size: 1 Softgel

Servings Per Container: 120

Amount Per Serving

Calories	10
Total Fat	1 g
Organic Flaxseed Oil (mg)	1,000 mg
Alpha-Linolenic Acid (Omega-3)	450 mg
Linoleic Acid (Omega-6)	110 mg
Oleic Acid (Omega-9)	110 mg
Other Fatty Acids	50 mg

Other Ingredients: Flaxseed Oil, gelatin, glycerol, purified water.

Suggested Use: As a dietary supplement, take 1 softgel, 1-2 times daily, or as directed by your healthcare practitioner.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.



**NUTRITIONAL
FRONTIERS™**

NutritionalFrontiers.com • (412) 922-2566

This flyer was created on 3/16/2021 MM

*Sources for cited material are available upon request. Contact Nutritional Frontiers.

Copyright © 2021 by Nutritional Frontiers LLC. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise without prior written permission of the copyright owner. Sold Exclusively Through Health Care Practitioners.

This document and statements made within this document have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.