



## LIGNAN FLAX OIL

# #1 BEST-SELLING OMEGA-3 IN USA

### SETTING THE STANDARDS FOR QUALITY, FRESHNESS & INTEGRITY

Due to the fragile nature of flax oil, we developed proprietary processes throughout production stages – from pressing to packaging, to ensure that you receive the freshest Flax Oil:

1. Our Lignan Flax oil is mechanically cold pressed without solvents, in the absence of light and oxygen to ensure that delicate Omega-3 flax oil is liberated, while capturing Lignan flaxseed particulate. Our technology produces pure, delicious, unrefined and unfiltered oil – just as nature intended!
2. The Flax oil is then encased in carob-coated, light-resistant Softgels to suppress light and oxygen-induced oxidation. We eventually bottle it in opaque containers to block it from further light exposure to ensure maximum potency and integrity of the product. We take all possible care in protecting the fragile oil from light frequencies that even the darkest amber glass bottles allow through. The quality of the opaque container used is fully approved by the US governments for vegetable oil and has an untarnished record of health and safety.



MADE IN USA ♦ CERTIFIED ORGANIC  
1,000MG X 100 Softgels

## NATURE'S MOST CONCENTRATED SOURCE OF OMEGA-3 & LIGNAN FOR OPTIMAL HEALTH

- Highly researched and documented as an essential food for healthy heart, joint mobility, bone density, energy & endurance.
- Our flax oil contains high amount of Lignans, a highly researched class of phytonutrient found in flaxseed which has anti-viral & antioxidant properties. Researches reveal that Lignan metabolites can bind to estrogen receptors hence inhibiting the onset of estrogen-stimulating tumor.
- Flax oil is essential for optimal skin clarity and suppleness. It hydrates skin from inside and is immensely anti-inflammatory - benefits to those suffer from acne, eczema, rosacea or psoriasis & dehydration.
- Flax oil is a natural lubricant that promotes colon health and hence lowers the risk of constipation.
- Flax provides fats that are precursors for brain building. This is essential at the stage of life when a child's brain grows, in utero and during infancy. A prudent mom should consider supplementing her diet with flax oil during her pregnancy and while breastfeeding.
- Good fats for slimming - flax oil increases our body's metabolic rate, helping to burn excess unhealthy fats in the body. The ultra-high levels of omega-3 fatty acids lower bad LDL cholesterol levels.
- Researchers have discovered that we need "Omega-3 to Omega-6" ratio of 1:5 for optimal health. Unfortunately, modern diet is lacking in Omega 3 whilst providing too much of Omega-6, making the ratio 1:20. Flax Oil provides concentrated source of Omega-3 to restore such imbalance.

Read your label carefully!

### YOUR FLAX OIL SUPPLEMENT COULD HAVE MISSED OUT A VITAL COMPOUND KNOWN AS "LIGNAN"!



Research suggests that the tumor-fighting (especially in relation to breast and colon) substance in flax seed is Lignan. Although flax seeds contain over a hundred times more Lignan than any of its closest competitors like wheat bran, you must however read the label carefully as many brands do not contain this beneficial compound.

#### Researchers' Advice to Consumers:

1. Look out for the word "Lignan" on the front panel of label to make sure that the flax oil supplement contains Lignan.
2. Buy brands that come in light-resistant opaque containers; as even the darkest amber glass bottle allow light to enter, and hence causing flax oil to break down and turn rancid.

Your Source for the World's Best Omega-3

<http://www.greeneryway.com>