



Flax Seed Oil

Quest Flax Seed Oil is a high-quality, certified organic, balanced source of omega-3 and omega-6 essential fatty acids, which are needed for good health. The body does not make these essential healthy fats, and so they must be obtained from the diet or supplementation.



PRODUCT CODE: 338530

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
A source of essential fatty acids for the maintenance of good health.	Softgels	Adults take 2 softgels one to three times per day.

DESCRIPTION:

Each easy-to-swallow softgel of Quest Flax Seed Oil contains 1000 mg of flax (*Linum usitatissimum*) seed oil.*

*Certified organic

This product does not contain corn, dairy, egg, gluten, lactose, shellfish, sugar, sulphites, or yeast.

Recommended Daily Allowance: Dosage varies, depending on age.

Food Sources: Flax seeds.

Causes of Deficiency: Diet deficient in omega-3 fatty acids and excessive in omega-6 fatty acids.

Symptoms of Deficiency: High cholesterol, sore joints.

Complementary Nutrients: A healthy diet.

HOW IT WORKS:

Flax seeds contain the essential fatty acids (EFAs) omega-3 (alpha-linolenic acid) and omega-6 (linoleic acid). Our body cannot make EFAs, so we must obtain them from our diet or supplementation. Because we tend to consume a lot of vegetable oils, we get enough omega-6s in our diet, but not enough omega-3s, and therefore, a deficiency in omega-3s is thought to be quite common. Flax seed oil, which is high in omega-3s relative to omega-6s, can help us keep a balance of EFAs that suits our body chemistry. EFAs act as anti-inflammatories, and they are beneficial in reducing the risk of heart attack and arthritis, lowering cholesterol, and improving brain function and skin health. They are also required for growth and development of the brain, nervous system, adrenal glands, sex organs, and eyes. In addition, they maintain the health of cell membranes, produce hormones and brain chemicals, and regulate various cell processes.



DID YOU KNOW...

Flax is one of the world's oldest cultivated plants. It has been used as food and medicine for thousands of years, and flax fibre has served to make linen for clothing since ancient Egyptian times.

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RESEARCH:

Clinical studies suggest that flax seed oil may be helpful in reducing the risk of a variety of conditions, including heart disease. Evidence suggests that people who eat a diet rich in omega-3 fatty acids are less likely to suffer a fatal heart attack. Omega-3s may reduce heart disease risks through a variety of ways, including making platelets less “sticky,” reducing inflammation, promoting blood vessel health, and reducing the risk of arrhythmia (irregular heart beat). Several human studies also suggest that diets rich in omega-3 fatty acids may lower blood pressure.

SIDE EFFECTS:

No side effects expected at recommended dosage.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you are taking blood thinners.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.

LABEL:

 <p>OMÉGA</p> <p>Huile de graines de lin 1 000 mg</p> <p>NPN 80000386</p> <p>90 gélules</p> <p>Source d'acides gras essentiels oméga-3</p> <p>Sans colorants, arômes ou agents de conservation artificiels</p> 	<p>Usage recommandé : Une source d'acides gras essentiels pour le maintien d'une bonne santé.</p> <p>Dose recommandée (adultes) : Prendre 2 gélules, un à trois fois par jour.</p> <p>Ingrédients médicinaux : Chaque gélule contient : Huile de lin* (<i>Linum usitatissimum</i>)...1 000 mg</p> <p>Ingrédients non médicinaux : vitamine E, caroube, cire d'abeille, gélatine, glycérine.</p> <p>Information sur les risques : Consulter un praticien de soins de santé avant d'en faire l'usage si vous prenez des anticoagulants.</p> <p>Ce produit ne contient aucun maïs, ingrédients laitiers, oeuf, gluten, lactose, crustacés, sucre, sulfites ou levure.</p> <p>* Certifiée biologique</p> <p>RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE LA PORTÉE DES ENFANTS.</p>	 <p>OMEGA</p> <p>Flax Seed Oil 1000 mg</p> <p>NPN 80000386</p> <p>90 softgels</p> <p>Source of omega-3 essential fatty acids</p> <p>No artificial colours, flavours or preservatives</p> 	<p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCEAU DE SÉCURITÉ SOUS LE CAPSULET EST BRISÉ.</p> <p>www.questvitamins.com 1-877-929-2548</p>  <p>SunOpta Inc. 4 Commerce Crescent Acton, ON L7J 2X3</p> <p>A Proud Canadian Company Une compagnie canadienne fière de l'être.</p>  <p>F.P.O. - 80%</p> <p>UPE CODE TO BE: 0-38371-21487-1</p> <p>000000 000000 0</p> <p>138530 01-02</p>
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