



FLAX 1,000 mg

OMEGA-3 ALA

UPC CODE 0 646420 2532 6 – 90 capsules

UPC CODE 0 646420 5491 3 – 180 capsules

NPN # 02149133

**NATURAL HEALTH PRODUCTS
DIRECTORATE (NHPD) CLAIMS:**

Jamieson Flax 1,000 milligrams (mg) is approved for the following NHPD claims:

- Source of essential fatty acids for the maintenance of good health

GENERAL INFORMATION

Fatty acids are the basic building blocks of which fats and oils are composed. Certain fatty acids are considered “essential” because they cannot be produced in the body and must be obtained from outside sources. Omega-3s are one type of essential fatty acid (EFA), one of which includes alpha-linolenic acid (ALA). Flax seeds are one of the best sources of ALA. This omega-3 fatty acid forms part of the structural components of phospholipid tissue membranes throughout the body, and is important as a precursor to the beneficial (anti-inflammatory) eicosanoids that compete with the arachidonic acid (AA)-derived eicosanoids, which are mediators of inflammation.¹

The ALA found in flax seeds is widely recognized as an effective anti-inflammatory agent, and is beneficial for calming the inflammation associated with conditions such as lupus and inflammatory bowel disease.^{2,3} This omega-3 fatty acid can also help reduce painful, itchy skin associated with eczema, psoriasis, and rosacea, and supports healthy growth and maintenance of hair, skin and nails.^{4,5} Furthermore, studies have the found that flax

seed oil may help to prevent and treat painful gallstones.⁶ Flax seed oil may also support breast, colon, and prostate health.

Jamieson Flax 1,000 mg is formulated from natural sources and is pharmaceutically tested to guarantee full potency and absolute clinical purity.

What makes Flax 1,000 mg from Jamieson Laboratories differentand why does that difference mean better?

- 1) The oil is derived from only the finest quality organic Canadian flax seeds to maximize both efficacy and absorption.
- 2) Each capsule is standardized to guarantee 50% (500 mg) ALA.
- 3) Our premium formulations are manufactured using the 360 Pure process – a minimum of 360 quality tests that guarantee traceability and reliability of raw material, product safety, full potency and absolute clinical purity.

INGREDIENT INFORMATION

Available as 90 or 180 capsules.
Each capsule contains:
Organic Flaxseed Oil
(*Linum Usitassimum*).....1,000 mg
Providing:
Omega-3 (Alpha Linolenic Acid).....500 mg
(Derived from pure GMO free Canadian Flaxseed Oil)

EXCIPIENTS

Gelatin, Glycerin.

For Accidental Overdose (such as child ingesting formula)
Dial 911, 0 for operator assistance or call you nearest Poison Control Centre.

For Professional Use Only
The information contained here has been accumulated from many sources.
Indications are not intended as cures, they are simply a guideline to be used at your professional discretion.

For more information please visit www.jamiesonvitamins.com or call 1-800-265-5088 to speak to a Consumer Affairs representative.



DIRECTIONS

Adults - Take 3 capsules daily with meals. Store between 15°C-25°C away from children.

INDICATED BENEFITS

- Source of essential fatty acids for the maintenance of good health

NUTRIENT INTERACTIONS

Drug Interactions

None known when taken as directed.

Nutrient Depletions

None known when taken as directed.

Supportive Interactions

None known when taken as directed.

WARNINGS AND PRECAUTIONS

Consult a healthcare practitioner before use if taking blood thinners.

TOXICITY, ADVERSE REACTIONS, AND SIDE EFFECTS

Do not exceed recommended dosage. Flax seed oil may cause flatulence in some individuals, but this effect should subside with continued use.

REFERENCES

1. Omega-3 Fatty Acids (n.d.) Retrieved November 11, 2008, from: http://en.wikipedia.org/wiki/Omega-3_fatty_acid
2. Philbrick D & Holub BJ. Flaxseed: a potential treatment for lupus nephritis. *Kidney Int.* 1995; 48(2): 475-480.
3. Tarpila S & Kivinen A. Ground flaxseed is an effective hypolipodemic bulk laxative. *Gastroenterology.* 1997; 112: A836. [Abstract]
4. Gil A. Polyunsaturated fatty acids and inflammatory diseases. *Biomedicine and Pharmacotherapy.* 2002; 56(8): 388-96.
5. Mayser P, Mrowietz U, Arenberger P, Bartak P, Buchvald J, Christophers E, Jablonska S, Salmhofer W, Schill WB, Krämer HJ, Schlotzer E, Mayer K, Seeger W & Grimminger F. Omega-3 fatty acid-based lipid infusion in patients with chronic plaque psoriasis: results of a double-blind, randomized, placebo-controlled multicenter trial. *J Am Acad Dermatol.* 1998; 38(4): 539-547.
6. Sarfeh IJ, Beeler DA, Treble DH & Balint JA. Studies of the hepatic excretory defects in essential fatty acid deficiency. Their possible relationship to the genesis of cholesterol gallstones. *J Clin Invest.* 1974; 53(2):423-430.

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