

FABOULOUS FLAX

Pastore Formulations Pure Organic Flax Seed Oil is a high lignan supplement, which contains organic flaxseed oil (pure unrefined and unfiltered), with flaxseed lignans inside the soft gel, protected from light with carob powder. It is a wonderful supplement alternative for those that dislike the taste of flax oil and flaxseeds and want the best of both worlds for flax supplementation! It's a combination of the organic unprocessed flax oil with the flaxseeds that many nutritionally oriented doctors recommend, without the unpleasant taste!

Plus, like all Pastore Formulations products Pure Organic Flaxseed High Lignan softgels contain no corn, soy, salt, yeast, wheat, gluten, milk, egg, sugar, starch, or preservatives.

Potential benefits of flax

- Acne support
- Anti-thrombotic
- Bone health
- Breast health
- Certain cancers
- Hair loss
- Heart health
- Inflammation
- Menopause
- Prostate health

Flax oil is derived from the seeds of the plant *Linum usitatissimum*. Flaxseed oil is a very rich source of the omega-3 essential fat alpha-linolenic acid. Alpha-linolenic acid concentration in flaxseed oil ranges from approximately 40 to 60%. Lower amounts of the omega-6 essential fat linoleic acid and omega-9 oleic acid (each about 15%) are also present in flaxseed oil.

An important part of flax are lignans, particularly the lignan secoisolariciresinol diglycoside (SDG). Flax lignans may be associated with decreased risk of certain cancers (Altern Med Rev 2002;7(2):112-129), assist with polycystic ovarian syndrome (Altern Med Rev 2001;6(3):272-292), reduce symptoms associated with benign prostatic hyperplasia (Demark-Wahnefried, Urology 2004; 63:900-904) and prevent cardiovascular disease.

According to the journal Nutrition Review, flaxseed has gained attention in the area of cardiovascular disease primarily because it is the richest known source of both alpha-linolenic acid (ALA) and lignans, as well as being a good source of soluble fiber. Human studies have shown that flaxseed can modestly reduce serum total and low-density lipoprotein cholesterol concentrations, reduce

postprandial glucose absorption, decrease some markers of inflammation, and raise serum levels of the omega-3 fatty acids, ALA and eicosapentaenoic acid (Nutr Rev 2004 Jan;62(1):18-27).

An interesting 6 months pilot study in Taiwan tested the effect of flax lignans on hairloss. Though it was a very small study, it will no doubt induce further research. At the end of the test period, eight out of ten men reported modest improvement of their hair loss condition, one reported much improvement and one subject reported no effect. Initial effects were noticed, on average, within one to two months of starting supplementation with flax lignans and no side effects were reported. Throughout the study, the daily number of hairs lost decreased and 50 percent of subjects noticed a decrease in oil secretion in their scalp.

Lignans have been shown to inhibit 5 alpha-reductase, an enzyme involved in the conversion of testosterone to DHT (its more active form). Inhibition of this enzyme may indicate potential in addressing a number of androgen-dependent disorders, including acne. In fact, many medical doctors are using flaxseed and flax oil to assist with acne because of its anti-inflammatory effects and 5 alpha-reductase inhibition.

A study published in the journal Obstetrics and Gynecology indicated that flaxseed was as effective as hormone replacement therapy in reducing mild menopause symptoms (Lemay et al Obstet Gynecol 2002, 100(3): 495-504).

Many people dislike taking flaxseed and flax oil due to the unpleasant taste. **Pastore Formulations Pure Organic Flax Seed Oil** removes this problem, providing the essential fatty acids naturally abundant in flax and the health potential of lignans in one easy to swallow soft gel.

References:

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