

# 556.7 MG OF FLAXSEED OIL IN DIGESTIVE+++ IS NOT A COINCIDENCE

Kimberly Lloyd M.S.

Flaxseed oil comes from the seeds of the flax plant. According to the Thomas Jefferson Agricultural Institute, a flaxseed is about 40 percent oil by weight. Of this oil, 55 percent of it is alpha linolenic acid (ALA) an essential omega-3 fatty acid required as part of our daily diet. We must obtain it from an edible source and numerous tissues and functions in the body very much depend on it.

Research has shown that many consuming a Western diet literally have a deficiency in this oil.<sup>1</sup> Nutritional Scientists are taking a serious look not only at what we should not be doing but also at what we should be doing to protect our health especially concerning a nutrient we may be deficient in.<sup>1</sup>

Consuming too much salt, fatty foods and alcoholic beverages leads to less pliability of the vessels of the heart and brain. ALA may trigger numerous diverse responses resulting in neuronal protection and stimulation of neuroplasticity. It seems to have helped open blood vessels and the artery of the brain.<sup>1</sup> Supplementation of ALA to animals' daily diets showed remarkable protection to their brains and cerebral areas.<sup>1</sup> This is an important dietary ingredient we need to be supplementing daily in our diets. Cell membranes, neurons, liver cell membranes and other structures depend on ALA in its most natural form to be beneficial to health. It is being reported in the literature that flaxseed oil also has important functions supporting both male and female organ functions.

Flaxseed is somewhat cumbersome to eat as it comes with a fairly hard shell and must be ground to obtain the essential oil. After grinding and exposure to air, it can become oxidized (rancid), quickly losing its optimal functions as a fatty acid. Flaxseeds often cause gas and bloating whereas flaxseed oil is not likely to cause such side effects.

DIGESTIVE+++ contains 556.7 mg of cold pressed flaxseed oil per capsule. Two capsules contain more than 1.1 grams of flaxseed oil. LPGN provides a top of the line, exclusive, cold pressed flaxseed oil. It is pressed gently from flax seeds using no heat. Many oil processing methods use heat to increase yield which is less expensive. Heat processing can alter the fatty acid structures. Cold processing preserves the oil's integrity. Alpha-linolenic acid and other valuable components of the oil such as lignans, should be in an unaltered form for maximizing their functions in the body.

LifePharm provides quality flaxseed oil and the other multi-functional ingredients in DIGESTIVE+++ (full range of digestive enzymes, and the prebiotic and probiotic blend). DIGESTIVE+++ is a formula specifically designed with the most carefully selected quality ingredients to maximize their health benefits for you. In addition, the DIGESTIVE+++ soft-gel is easy to swallow and the capsule preserves the freshness of the cold pressed flaxseed oil.

Omega-3 fatty acids are also highly necessary for healthy liver function. A clinical study showed a group of 27 subjects given flaxseed oil and a fish oil supplement



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improved the vessels and arteries of the heart, helped maintain normal blood pressure, better triglyceride values and had better cardiovascular health. What was of much interest is that the tissues of the liver had improved by examination.<sup>4</sup>

According to Naturopathic Physician and Alternative Medical Practitioner Dr. Edward Group, several studies have found that flaxseed oil seems to be able to calm the inner lining of the inflamed intestines. The flaxseed oil may help lubricate the intestinal walls, allowing the toxins to be absorbed by the oil and eliminated by the body.

DIGESTIVE+++ is formulated primarily for gastrointestinal health, which has been shown to play a major role in overall well-being. The various extraneous benefits of specific ingredients such as flaxseed oil make a superior product, exceptional.

## References:

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