



## Flax Oil Plus

4075 60 Softgels



FISH OILS  
& OMEGAS

- Contains organic flaxseed oil extract, a natural source of omega-3 fatty acids from plants
- Provides omega-3 fatty acids which can be used to form eicosanoids in the body
- May support healthy structural composition of skin and hair\*
- Supports fat metabolism\*
- Contains no iodine, ideal for the iodine-sensitive patient
- Excellent source of vitamin B<sub>6</sub>

## Supplement Facts

Serving Size: 1 Softgel

Servings per Container: 60

	Amount per Serving	%Daily Value
Vitamin B6	2 mg	118%
Proprietary Blend	360 mg	†
Organic flaxseed oil, bovine liver fat extract, and bovine orchic extract.		

†Daily Value not established.

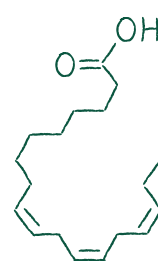
Other Ingredients: Gelatin, water, glycerine, beeswax, and pyridoxine hydrochloride.

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## Flax Oil Plus contains organic flaxseed oil extract, a natural source of omega-3 fatty acids from plants

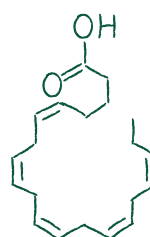
Both omega-3 and omega-6 fatty acids are essential nutrients for the body. Omega-3 and omega-6 fatty acids are structural elements in cells, incorporated as part of phospholipids in cell membranes.<sup>1</sup> Functionally, these essential fatty acids provide energy for the body and are also used in the biosynthesis of eicosanoids.<sup>1</sup> Eicosanoids have diverse functions in the body including controlling the inflammatory response and acting as molecular messengers.<sup>2</sup>

Flaxseed oil is a natural source of omega-3 fatty acids. It contains approximately 58 percent alpha-linolenic acid (ALA), an essential omega-3 fatty acid.<sup>1</sup> ALA is an 18-carbon, omega-3, polyunsaturated fatty acid that can be converted to eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).<sup>1</sup> However, conversion of EPA and DHA from ALA is inefficient, likely below 15 percent, so maintaining adequate intake of omega-3 fatty acids is important to support the body.<sup>1</sup>



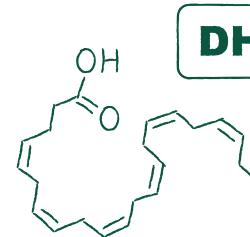
ALA

Alpha-linolenic Acid (ALA) (18:3, n-3)



EPA

Eicosapentaenoic Acid (EPA) (20:5, n-3)



DHA

Docosahexaenoic Acid (DHA) (22:6, n-3)

**Vegan** products are devoid of animal-based tissue, animal-based gelatin, or fish oils. They are also devoid of animal-based ingredients such as dairy, eggs, honey, beeswax, and lanolin. **Vegetarian** products are considered lacto-ovo vegetarian, which means they are devoid of animal-based tissue, animal-based gelatin, or fish oil. They may contain animal-based ingredients such as dairy, eggs, honey, beeswax, or lanolin. **Gluten-Free** products have been tested to verify they meet the regulations associated with the United States Food and Drug Administration's gluten-free labeling. **Non-Dairy** products have been formulated to not contain milk or milk-derived ingredients. **Non-Grain** products have been formulated to not contain any true cereal grain or grain-derived ingredients such as those from wheat, rice, oats, cornmeal, barley, or another cereal grain.

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GF

NON  
DAIRY

NON  
GRAIN

NON  
SOY

FISH OILS  
& OMEGAS

## Vitamin B<sub>6</sub> in Flax Oil Plus may support healthy skin and hair\*

Adequate vitamin B<sub>6</sub> intake is important for skin health as vitamin B<sub>6</sub> deficiency can cause inflammation of the skin.<sup>3,4</sup> Healthy skin is also dependent on proper intake of the essential fatty acids, ALA and linoleic acid (LA).<sup>1</sup>

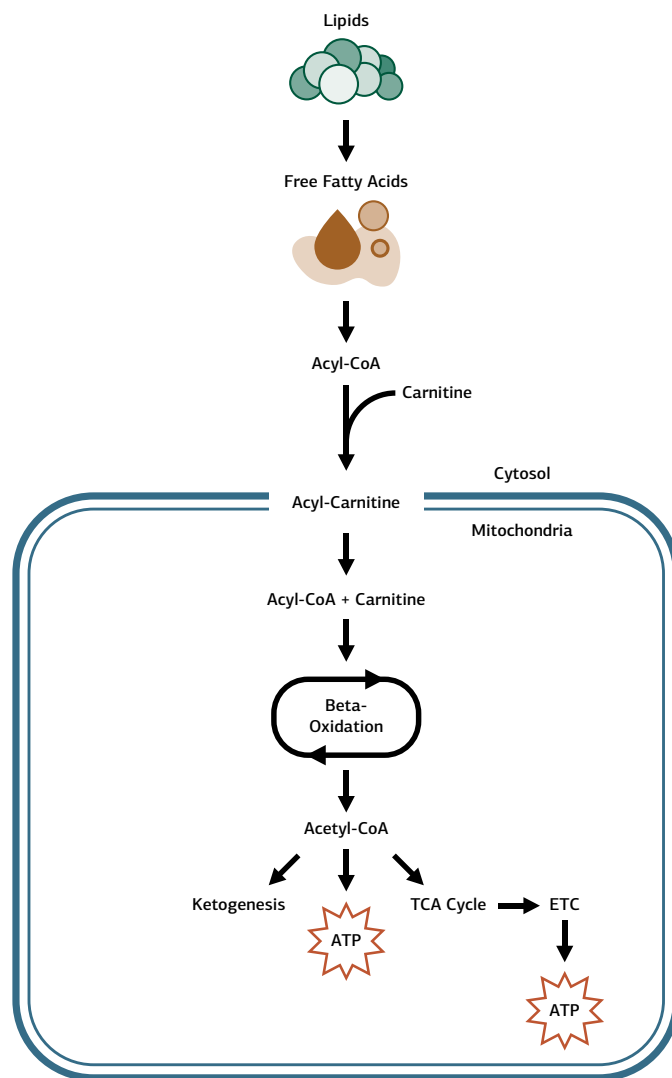
The major constituent in hair is keratin, a protein that is abundant in the amino acid cysteine. For the body to be able to make cysteine endogenously, methionine, an amino acid reliant on vitamin B<sub>6</sub>-dependent enzymes, is required.<sup>5</sup> One serving of Flax Oil Plus provides 2 mg of Vitamin B<sub>6</sub> (118% of DV).

## Flax Oil Plus supports fat metabolism\*

Vitamin B<sub>6</sub> is a cofactor in the production of carnitine, which supports fat metabolism during beta-oxidation. Carnitine is required for the transport of long-chain fatty acids into the mitochondrial matrix where they undergo beta-oxidation.<sup>5,6</sup> During this process, fatty acids are broken down into smaller units, producing NADH molecules that can be converted to ATP via the electron transport chain. This provides essential energy to cells throughout the body and spares the catabolism of skeletal muscle. Maintaining adequate vitamin B<sub>6</sub> intake can help support optimal levels of carnitine which promotes healthy beta-oxidation.

Flax Oil Plus contains no iodine and is appropriate for those who have a reaction to supplemental iodine.

**FIGURE 1.** Carnitine is essential for beta oxidation



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has been changing  
lives with our whole  
food philosophy.

### REFERENCES

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\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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