

# Linum B<sub>6</sub>

5340

Please Copy for Your Patients

## Linum B<sub>6</sub> Contains Organically-Grown, Minimally-Processed Flaxseed Oil and Vitamin B<sub>6</sub>

Flaxseed oil is the primary health-giving constituent of the flax plant, *Linum usitatissimum*, which has been cultivated since at least 5,000 B.C. Its health-giving properties were known to the Greeks, and Hippocrates recommended it. In 8th-century France, Charlemagne passed laws requiring the seeds to be consumed to keep his subjects healthy. Mahatma Gandhi said, "Wherever flaxseeds become a regular food item among the people, there will be better health." Flaxseed oil provides a vegetarian, whole-food source of omega-3 fatty acids.†

## How Linum B<sub>6</sub> Keeps You Healthy

### Maintains cellular health

Flaxseed oil contains alpha linolenic acid, which is converted by the body into EPA and DHA. EPA and DHA are necessary for the healthy functioning of cell membranes and maintenance of hair, nails, eye receptor cells, nerves, and brain tissue.†

### Maintains a healthy flow of blood through the circulatory system

The alpha linolenic acid in flaxseed oil maintains the free flow of blood through the circulatory system in several ways. First, it affects a specific clotting system factor called plasma factor VII. Second, it affects the actual clumping together of the body's clotting cells, called platelets.†

### Supports immune system functions

Essential fatty acids are important for the proper functioning of the immune system, and some studies indicate that flaxseed oil helps maintain normal immune system function.†

### Provides multi-organ system support

Prostaglandins are powerful unsaturated fatty acids regulated by omega-3 and omega-6 essential fatty acids. While produced in very small amounts, these powerful substances have significant effects on target organs. There are many different groups of prostaglandins that are involved in some way with the regulation and function of all cells and organs. The "E" family of prostaglandins is very beneficial and includes PGE<sub>1</sub>, PGE<sub>2</sub>, and PGE<sub>3</sub>. The subscript denotes the source of fatty acid from which the prostaglandin evolves. PGE<sub>3</sub>, for example, comes from alpha-linolenic acid, an omega-3 fatty acid. Flaxseed oil is rich (53%) in alpha-linolenic acid that converts to eicosapentaenoic acid (EPA) and docohexaenoic acid (DHA) to make up the PGE<sub>3</sub> group that helps maintain healthy cell cycling, reduces tissue irritation, supports healthy circulation and proper brain growth and development, and strengthens immunity.†



Introduced in:

1962

Content:

120 Perles

### Supplement Facts:

Serving Size: 1 perle  
Servings per Container: 120

		%DV
Calories	5	
Total Fat	0.5 g	<1%*
Vitamin B <sub>6</sub>	2 mg	100%
Flaxseed Oil	630 mg	

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

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† These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Linum B<sub>6</sub>

## What Makes Linum B<sub>6</sub> Unique

### Unique Product Attributes

This is a vegetarian product

### Flaxseed oil plus vitamin B<sub>6</sub>

- Provides a vegetarian source of omega-3 essential fatty acids
- Vitamin B<sub>6</sub> assists in the utilization of vitamin E, or polyunsaturated fatty acids, which are present in any fresh oil†

### Cold-pressed

- Low-temperature extraction maintains the nutritional quality of fresh flaxseed oil

### Packaged in perles, not sold in bulk

- Protects against oxidation and retains the integrity of the fragile, fresh oil

### Unique Processing

#### Not disassociated into isolated components

- The nutrients in Linum B<sub>6</sub> are processed to remain intact, complete nutritional compounds

### Degreed microbiologists and chemists in our on-site laboratories constantly conduct bacterial and analytical tests on raw materials, product batches, and finished products

- Ensures consistent quality and safety

### Vitamin and mineral analyses validate product content and specifications

- Assures high-quality essential nutrients are delivered

### Whole Food Philosophy

*Dr. Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over synthetic nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to a synthetic or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.*

*Each perle supplies 630 mg flaxseed oil.*

*Other Ingredients:* Gelatin, glycerin, beeswax, water, carob, and pyridoxine hydrochloride.

*Suggested Use:* One perle per meal, or as directed.

*Sold to health care professionals.*

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Linum B<sub>6</sub>.

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