

# Linum B<sub>6</sub>

## Contains 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 healing properties were known to the Greeks, and Hippocrates recommended it. In eighth-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 multiorgan 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 percent) 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.†

*Please copy for your patients.*

**GF** This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label.

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



Introduced in 1962

**GF**

**Content:**

120 perles

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

**Supplement Facts:**

Serving Size: 1 perle

Servings per Container: 120

	Amount per Serving	%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.

**Ingredients:** See Supplement Facts.

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

**Sold through health care professionals.**



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# Linum B<sub>6</sub>

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

### Product Attributes

#### 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

### Manufacturing and Quality-Control Processes

#### 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 continually 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

Our founder, Dr. Royal 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 isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

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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