

# FLAX SEED OIL

## 亚麻籽油

Flax seed oil is derived from the flax plant, *Linum usitatissimum*. One major component of flax seed is the essential Omega-3 fatty acid called alpha-linolenic acid, or ALA.

亚麻籽油来源于亚麻树。亚麻籽的一个主要成分是必需的奥美加-3脂肪酸，称为 $\alpha$ -亚麻酸，简称ALA。

### Why Do You Need Flax Seed Oil?

Omega-3 is essential for regulating the body's functions, maintaining healthy heart function, immune function, brain function, nervous system function and beautiful skin. A low Omega-3 level reduces cell membrane permeability, causing inefficient transport of oxygen and nutrients to the cells, which consequently leads to degeneration of cells and health problems.

Typical modern diet tends to be very lacking in Omega-3 but very high in Omega-6 fatty acids. While the human body needs only about 2 to 4 times more Omega-6 than Omega-3 fatty acids, the reality is that our daily diet tends to contain about 14 to 25 times more of Omega-6 fatty acids than Omega-3! In other words, our body is very deficient in Omega-3. Health experts believe that this imbalance has impacted the rising rate of inflammatory disorders and other health conditions. This is due to the fact that Omega-6 is pro-inflammatory, while Omega-3 is anti-inflammatory.

To correct this imbalance between Omega-3 and 6, we need to consume more Omega-3 while reducing Omega-6. Because our body cannot make Omega 3, we must obtain it from the food that we eat in our daily diet.

The solution is Flax Seed Oil. It offers the richest source of Omega-3 – double the amount of Omega-3 found in ordinary fish oil.

### Regular Intake of Flax Seed Oil May:

- Improve memory
- Boost the immune system
- Reduce inflammation
- Combat fatigue
- Alleviate joint stiffness
- Regulate irregular period
- Relieve premenstrual syndrome (PMS) symptoms
- Regulate bowel movement
- Reduce skin dryness
- Promote healthy and lustrous hair
- Strengthen brittle nails

### Who Should Take Flax Seed Oil?

Flax Seed Oil is recommended for everyone in the family, and is particularly important for:

- **Growing children.** Adding flax seed oil to your child's diet can help strengthen and develop his/her immune system. Also, flax seed oil helps promote and regulate overall good brain health. It is one of the best brain foods out there!
- **The not-so-young.** Flax seed oil contains Omega-3 that is anti-inflammatory, thus playing an important role in the prevention and treatment of age-related diseases.
- **Pregnant and lactating mothers.** Flax seed oil taken during pregnancy might help brain development in the foetus. Foetuses who do not get enough Omega-3 during development are more likely to have a low birth weight and small head circumference at birth, and the placenta is likely to be smaller while in the womb, according to The Franklin Institute.

### 您为什么需要亚麻籽油?

奥美加-3对调节身体机能、保持健康的心脏功能、免疫功能、大脑功能、神经系统功能和美丽的皮肤至关重要。低水平的奥美加-3脂肪酸会降低细胞膜的渗透性，导致氧气和营养物质输送到细胞的效率低下，从而造成细胞退化和健康问题。

典型的现代饮食往往缺乏奥美加-3，但奥美加-6脂肪酸却很高。虽然人体所需的奥美加-6脂肪酸仅为奥美加-3脂肪酸的2至4倍，但现实情况是，我们日常饮食中奥美加-6脂肪酸的含量往往是奥美加-3脂肪酸的14至25倍！换句话说，我们的身体十分缺乏奥美加-3。健康专家认为，这种不平衡影响了炎症性疾病和其他健康状况的发病率。这是因为奥美加-3具有抗炎作用，而奥美加-6则具有促炎作用。

为了纠正调整奥美加-3和6之间的不平衡，我们需要在减少奥美加-6的同时摄入更多的奥美加-3。这是因为我们的身体不能制造奥美加-3，所以我们必须从日常饮食中获取它。

解决办法就是摄取亚麻籽油。它提供了丰富的奥美加-3脂肪酸，是普通鱼油中奥美加-3脂肪酸含量的两倍。

### 经常摄入亚麻籽油可帮助:

- 提高记忆力
- 增强免疫系统
- 减少炎症
- 抗疲劳
- 缓解关节僵硬
- 调节月经不规律
- 缓解经前综合症(PMS)症状
- 改善排便
- 减少皮肤干燥
- 促进健康和有光泽的头发
- 加强脆性指甲

### 谁应该服用亚麻籽油?

亚麻籽油是推荐给家庭中的每个人，对以下人群尤其重要:

- **成长期的儿童。** 在孩子的饮食中加入亚麻籽油可以帮助孩子增强免疫防御系统。此外亚麻籽油有助于促进和调节整体良好的大脑健康。它是最好的补脑食物之一。
- **年龄较大的。** 亚麻籽油含有抗炎的奥美加-3脂肪酸，因此在预防和治疗与年龄有关的疾病中发挥着重要作用。
- **怀孕和哺乳期的母亲。** 怀孕期间服用亚麻籽油可能有助于胎儿的大脑发育。根据富兰克林研究所(The Franklin Institute)的研究，在发育过程中没有摄入足够奥美加-3脂肪的胎儿出生时体重较轻，头围较小，胎盘在子宫内也可能较小。



Fatty acids are essential for breast milk production. Women with low fatty acids, whose milk supply is impacted, may see an increase in supply with regular use of flax seed oil. Flax seed oil helps promote brain and eye development. It also contains many essential micronutrients to develop bone, muscle, and heart health in a growing infant. A pregnant or lactating mother can only supply Omega-3 to her developing fetus or baby if she consumes it in her diet.

### Golden Flax Seeds vs Brown Flax Seeds

There is not much difference between the raw carbohydrate, protein and fat content of golden flax seeds versus brown flax seeds. However, what is different is the ratio of the different types of fat that you can find in golden flax seeds versus brown flax seeds.

Golden flax seeds have more polyunsaturated fatty acids and less monounsaturated fatty acids compared to brown flax seeds. They also have larger amounts of the two essential fats that your body isn't able to produce: alpha-linolenic acid (ALA) and linoleic acid.

Notably, these two essential fats are also present in different ratios compared to brown flax seeds. There is more ALA in golden flax seeds compared to linoleic acid. Because most people consume too much Omega-6, rich in linoleic acid, and not enough Omega-3, rich in ALA, golden flax seeds are definitely the healthier choice if you're trying to supplement your diet with healthy fats.

There is also a slight difference when it comes to the taste. Brown flax seeds have a stronger taste whereas golden flax seeds are milder.

**Please see page 2 for a special offer on NewLife™ Omega Gold Flax Seed Oil.**

此外，脂肪酸对于母乳的产生至关重要。哺乳期的妇女，如果因为脂肪酸低导致乳汁不足，使用亚麻籽油后可能会看到母乳产量增加。还有，亚麻籽油有助于促进大脑和眼睛的发育。它还含有许多必要的微量营养素，以帮助成长中的婴儿健康发展骨骼、肌肉和心脏。一个怀孕或哺乳期的母亲只有在她的饮食中摄入奥美加-3，才能给她的婴儿提供奥美加-3。

### 金黄色亚麻籽对棕色亚麻籽

金黄色亚麻籽和棕色亚麻籽中的粗碳水化合物、蛋白质和脂肪含量无显著差异。不同的是您在它们之中所能找到的脂肪类型比率。

与棕色亚麻籽相比，金黄色亚麻籽含有较多的多不饱和脂肪酸，而单不饱和脂肪酸则较少。同时它也含有较多的 $\alpha$ -亚麻酸(ALA)和亚油酸。这两种必需脂肪是人体无法自行产生的。

值得注意的是，与棕色亚麻籽相比，这两种基本脂肪的存在比例也不同。金黄色亚麻籽中的ALA比亚油酸高。因为大多数人都摄入了太多的奥美加-6脂肪酸，比如亚油酸，而没有摄入足够的奥美加-3脂肪酸，比如ALA，如果您想用健康的脂肪来补充改正您的饮食，金黄色亚麻籽绝对是更健康的选择。

在口味上也有细差。棕色的亚麻籽味道较强，而金黄色的亚麻籽味道则较温和清淡。

请参阅第二页以获取更多有关新生命奥美加黄金亚麻籽油的特别优惠。

## NewLife™ Omega Gold Flax Seed Oil 新生命奥美加黄金亚麻籽油

- Cold-pressed from quality, certified organic golden flax seeds.
- Cold-pressed in the absence of light, air and reactive metals to produce quality tasty oil.
- Packaged in recyclable, BPA-free, black HDPE plastic under an inert gas blanket to further protect it against light and oxygen.
- We pack our **Omega Gold Flax Seed Oil** with dry ice and ship them by air. Upon reaching our stores, they are immediately refrigerated. Why? Delicate oils such as flax seed oil contain high levels of alpha-linolenic acid (Omega-3). The high number of double bonds causes this oil to oxidize easily leading to rancidity if exposed to heat or light. Cooler temperatures slow this oxidation process and prolong shelf life.
- Pure, unrefined, unfiltered, extra virgin, certified organic.
- Gluten-free, so it can be enjoyed by those that suffer from gluten intolerance or Coeliac Disease.
- Sourced from the land you can be confident in for superior quality – New Zealand.

- 采用优质有机金亚麻籽冷榨生产。
- 冷压在无光、无空气和活性金属的情况下生产出最高品质的亚麻籽油。
- 使用可回收、不含双酚A、黑色高密度聚乙烯塑料瓶子，在惰性气体覆盖层下包装，以进一步保护亚麻籽油免受光和氧气损坏。
- 我们用干冰包装**奥美加黄金亚麻籽油**，然后空运。一到我们的经营场址，它们就被立即冷藏。为什么？亚麻籽油含有高水平的 $\alpha$ -亚麻酸(奥美加-3)，双键数量多，容易氧化，遇热或光照易酸败。低温可以减缓氧化过程，延长保质期。
- 纯正、未经提炼、未经过滤、特级初榨、有机认证。
- 不含谷蛋白粘胶质，患有谷蛋白粘胶质不耐症或腹腔疾病的患者可以享用。
- 来自新西兰—卓越的品质保证。

