

Support your cardiovascular health

LIGNAN EXTRACT



Clinical research has shown that lignan supports the cardiovascular system by reducing lipid peroxidation and maintaining cholesterol levels already in the normal range. It also promotes cell health by regulating hormone metabolism and acting as an antioxidant.

With so many environmental and lifestyle factors putting people at risk of developing unwanted health symptoms, you need an ally in the ongoing struggle to maintain your own wellness. That's why Source Naturals has developed a highly concentrated LIGNAN EXTRACT.

Lignan, a type of phytoestrogen, can be found in a variety of natural sources. Flax, however, is a particularly rich source of lignan, and provides up to 800 times more than any other plant. Made from the seed hull rather than seed oil, Source Naturals LIGNAN EXTRACT contains up to 30 times more lignan than typical flax extracts.

In our efforts to provide consumers with the highest quality natural supplements to help maintain their wellness, Source Naturals offers LIGNAN EXTRACT - a potent extract and powerful support for your good health.



Strategies for WellnessSM

Flax: History & Health

The first recorded uses of flax come from Southern Mesopotamia, where it was grown as far back as 5,000 B.C. Flax is among the most abundant sources of alpha-linolenic acid (ALA) found in any natural substance. Linolenic acid, along with linoleic acid, is considered a dietary essential fatty acid. This means that the body is incapable of synthesizing it, so it must be acquired from an outside source. Highly regarded for their ability to help protect against coronary heart disease, these omega fatty acids are required for the structure of the cell membranes. And because they're unsaturated, they contribute to cell membrane fluidity.

The Plant Hormone & You

Lignan is a type of plant hormone, called phytoestrogen, similar to that of the human hormone estrogen. It can be found in unrefined grains, legumes, and certain vegetables, but flax is a particularly rich source of lignan. Because it is a hormone, lignan can influence sex hormone production, metabolism and biological activity. It has numerous biological properties ranging from antioxidant to immune supporting properties. Epidemiological data associate a high intake of lignan with positive effects on the growth and regulation of various cells and tissues, including breast, endometrium, prostate, and colon cells.

Lignan & Cholesterol Wellness

Source Naturals has developed LIGNAN EXTRACT with your wellness in mind, to help support your healthy cardiovascular system. Since phytoestrogen is similar in structure and function to the estrogen hormone in humans, lignan may have the same posi-

tive effect in helping promote normal cholesterol levels by lowering lipoprotein. It also regulates LDL receptors, which may help lower LDL cholesterol levels in the blood. Because of their phenolic structure, lignan has powerful antioxidant properties, reducing lipid peroxidation and increasing the antioxidant reserve.

Highly Concentrated, Highly Effective

Source Naturals has formulated this highly concentrated natural extract as an important key to helping you unlock your health potential. Though most flax products are derived from flax seed oils, LIGNAN EXTRACT is made from the hulls of the flax seed to provide you with up to 30 times the vital nutrients in flax, ensuring that you obtain sufficient amounts of this important dietary requirement.

Your Source for Wellness Support

At Source Naturals we realize the hurdles you face in your strides to maintain good health. That's why we're on the front line of the wellness revolution, partnering with the natural products marketplace to bring our high quality nutritional supplements to you. Source Naturals: Delivering vital components in your proactive approach to wellness.

References:

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