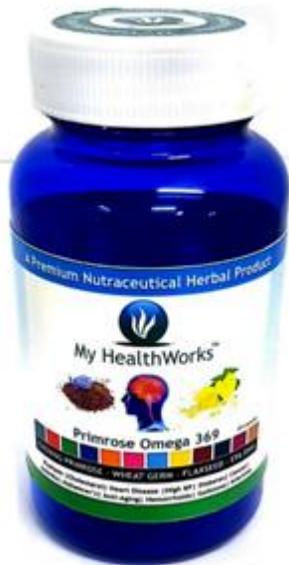


PRIMROSE OMEGA 369

Primrose Omega 369 has been formulated for the first time in the world specifically for vegetarians and gives numerous benefits of Flaxseed Oil, Evening Primrose Oil and Wheat Germ Oil.

Flax Seed Oil: The essential fatty acids (Omega oils) in flaxseed oil are one of its key healing components. EFAs are particularly valuable because the body needs them to function properly, but can't manufacture them on its own. Essential fatty acids work throughout the body to protect cell membranes, keeping them efficient at admitting healthy substances while barring damaging ones. One of the EFAs in flaxseed oil, alpha-linolenic acid, is known as an omega-3 fatty acid. Like the omega-3s found in fish, it appears to reduce the risk of heart disease and numerous other ailments. Flaxseed oil only contains these alpha-linolenic acid (Omega 3 oils), and not the fiber or lignan components that the whole plant contains. Therefore, flaxseed oil provides the Omega 3 benefits, such as lipid-lowering properties, but not the laxative or anti-cancer properties. Whole flaxseeds (not the extracted oil) are a rich source of lignans (phytoestrogens), substances that appear to positively affect hormone-related problems. Lignans may also be useful in preventing certain cancers and combating specific bacteria, fungi, and viruses, including those that cause cold sores and shingles.

Wheat Germ Oil: Wheat germ oil is a rich source of vitamin B6 and folic acid of the Vitamin B complex, magnesium, potassium and phosphorus and many other essential nutrients, and is a healthy addition for diet. Wheat germ oil has a high nutritional value when compared to the other vegetables or grains. Relieve the discomforts of PMS, menopause, menstruation, endometriosis and fibrocystic breasts



Primrose Oil: Primrose Oil contains a high concentration of a fatty acid called GLA and it is this fatty acid that is largely responsible for the remarkable healing properties of the plant. In fact, Evening Primrose contains one of the highest concentrations known of this important substance and only a few other plants contain it at all. This makes Evening Primrose an important medicinal herb, and as studies continue, the list of benefits will likely become much longer. The gamma-linolenic acid, linoleic acid and other nutrients in this oil are essential for cell structure and improve the elasticity of the skin. These fatty acids also help to regulate hormones and improve nerve function aiding problems ranging from PMS to migraine headaches. The hormone balancing effect contributes to healthy breast tissue.

Relieve the discomforts of PMS, menopause, menstruation, endometriosis and fibrocystic breasts

By interfering with the production of inflammatory prostaglandins released during menstruation, the GLA in evening primrose oil can help to lessen menstrual cramps. It may also minimize premenstrual breast tenderness, irritable bowel flare-ups, and carbohydrate cravings, and help to control endometriosis-associated inflammation. Many PMS sufferers are found to have unusually low levels of GLA in their systems, which is why supplements might help so much. In women with fibrocystic breasts, the oil's essential fatty acids can minimize breast inflammation and promote the absorption of iodine, a mineral that can be present in abnormally low levels in women with this condition. In menopause, it is widely reported that Evening Primrose oil reduces hot flushes and increases feelings of well being.

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Primrose Omega-369

Symptoms	EPA & DHA	Flaxseed Oil	Primrose Oil	Wheat Germ Oil
Cholesterol	√	√	√	√
Heart Disease	√	√		
High Blood Pressure	√	√		
Cholesterol	√	√		√
Diabetes	√	√		√
Cancer (Breast, colon, prostate)		√		√
Rheumatoid Arthritis	√		√	
Alzheimer's Disease			√	
PMS	√		√	
Acne		√	√	
Eczema		√	√	√
Psoriasis	√	√	√	√
Dry Skin	√		√	√
Sunburn		√		
Cracked Heels	√		√	
Rosacea		√	√	
Multiple Sclerosis			√	
Anti-Aging	√	√		√
Hemorrhoids		√		
Gallstone		√		
Male Infertility			√	√
Female Infertility	√		√	√