

Flax Hull Lignans

What you need to know for your health

I. Questions

- **What are lignans?**

Lignans are a classification of phytochemicals, which are found in seed (such as flax) and grains (such as barley, rye, millet). Flax is one of the richest sources of lignan known to man.

- **What is SDG?**

SDG (secoisolariciresinol diglucoside) is a very powerful antioxidant belonging to a class of phytochemicals called lignans. Flax is one of the richest sources of SDG that we know of today.

- **How do flax hulls benefit our health?**

Flax Hulls are rich in lignan and SDG. These nutrients, found in flax, have the ability to act as a natural, safe laxative. They also help balance estrogen levels in the body, thus helping balance hormone levels.

- **Why use just the flax hull?**

The hull is where the fiber is located. The beneficial fat located in the seed is extremely volatile and goes rancid rapidly after grinding the seed. Flax Hulls eliminate the work it takes to grind the seed and any possibility of ingesting rancid fat.

I. Research

Is there any research being done on SDG in Flax Hulls?

- SDG is being acknowledged world-wide for its' potential to help prevent and reduce the development of diabetes by reducing free radicals. In a study conducted by Dr. K. Prasad, College of Medicine, Physiology Dept., University of Saskatchewan, SDG prevented the development of diabetes by 75%!
- Flaxseed SDG may have a therapeutic role in lupus nephritis. (Clark, W et al Lupus, 9(6): 429, 2000)
- Dietary estrogens, such as lignan-rich flaxseed, reduce subsequent cancer risk in postmenopausal women. (Hutchins, A, Cancer Epidemiol Biomarkers Prev, 9(10): 1113, 2000)
- Plant Lignans may contribute to lower incidence of prostate cancer. (Eur Urol, 35(5-6): 377, 1999)
- Flaxseed supplementation is effective in reducing cholesterol, therefore preventing hypercholesterolemia-related heart attack and strokes. (Ogborn, M

et al, Kidney Int. 55(2): 417, 1999.

- A test involving consumption of 50 grams of flaxseed a day revealed a 30% increase in bowel movements per week. Cunnan, S.C., et al., "Nutritional Attributes of Traditional Flaxseed in Health Young Adults," Am. Journ. Of Clinical Nutr., 1995, 61:62-68
- Researcher are exploring the benefit of Flax Lignan Concentrate in other areas such as: kidney disorder, melanoma, colon cancer, breast cancer, tumors, heart disease AIDS and many others
- Researchers have studied its effects on hormones related to tumors, the immune system, aging and heart disease.

I. Testimonials

II)

- I have been fighting cancer for nearly 20 years; I was unable to take my regular chemo for the last 3 months, but did start taking the flax hulls. I noticed one of the lumps on my chest was getting smaller and is now gone! -----Lydia 10-1-02
- I have been using flax Hulls for a couple of months. I have a bad prostate. (Now, with better bladder control) I can't believe how much better life seems. My wife says she may keep me if this stuff keeps working. I generally feel better, too. I seem to be happier and have a better outlook on life. ----Lee Hamilton 08-01-02
- When I am taking the Flax Hull product, my colon and stomach settle down and I feel so much better. The diabetes.... Seems to be easier to control with the Flax Hulls. -----Gloria Edwards 07-30-02

I. Information on our product Flax Hull Lignans

Our potent lignans, effective health product was produced by extracting the lignans or SDG from flaxseed giving you a product that contains an impressive 30-60 mg (SDG) lignans per gram from 100% organic flaxseed hulls. 400% to 800% More SDG Lignans Per Gram Than Ground Flax Seed. One tablespoon contains 6 grams of fiber.

There is no other product on the market that can deliver a higher potency from an organic source.

Consult your physician before taking any dietary supplement. The Food and Drug Administration have not evaluated these statements. This product is not intended to diagnose, treat, cure, or prevent any disease. Keep out of reach from children.

Where can I purchase the Flax Hull Lignans?