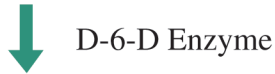


Metabolic Pathway

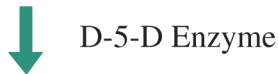
Alpha Linolenic Acid - ALA (C18:3n-3)



Stearidonic Acid - (C18:4n-3)



Eicosatetraenoic Acid - (C20:4n-3)



**Eicosapentaenoic Acid - EPA
(C20:5n-3)**



**Docosahexaenoic Acid - DHA
(C22:6n-3)**



PGE₃

LTB₅

PGI₃

Sources of ALA:

Organic Flax Oil
Conventional Flax Oil



Functions of ALA:

The positive effects of ALA have been well documented in areas including:

- High Blood Cholesterol
- High Blood Pressure
- Immune System
- Cancer



Sources of EPA/DHA:

Fish Body Oils
Salmon Oil
Tuna Oil
Cod Liver Oil

Functions of EPA/DHA:

The positive effects of EPA and DHA have been well documented in areas including:

- High Blood Cholesterol
- High Blood Pressure
- Cardiac Arrhythmia
- Pregnancy and Infant Brain Development
- Cancer



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102 Melville Street, Saskatoon, Saskatchewan, Canada S7J 0R1
Phone (306) 975 1166 Fax (306) 242 3829 www.bioriginal.com

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