

GreensFirst® Pro Ahiflower® Oil Vegan Omega-3

A 100% Plant-Based, Non-GMO Omega Powerhouse.

BY GREG CUMBERFORD

AS THE EXCLUSIVE WORLDWIDE PRODUCERS OF AHIFLOWER® OIL, NATURES CROPS INTERNATIONAL IS excited to partner with GreensFirst® in the first product offering to U.S. healthcare practitioners: GreensFirst® Pro Ahiflower® Oil – Vegan Omega-3.

GreensFirst Pro Ahiflower Oil naturally combines two nutritionally-important fatty acids: omega-3 stearidonic acid (SDA) and omega-6 gamma-linolenic acid (GLA), both of which have clinically recognized anti-inflammatory activity. It also has a high level of the omega-3 essential fatty acid alpha-linolenic acid (ALA), with well-researched cardiovascular benefits.

GreensFirst Pro Ahiflower Oil fatty acid composition is unique in the plant kingdom. In fact, Ahiflower® oil contains the highest naturally-occurring SDA (18-20%) of any plant and its GLA content is comparable to levels found in evening primrose oil. This makes GreensFirst Pro Ahiflower Oil a vegan, all-natural, balanced omega 3:6:9 source with a clean, neutral flavor and aroma. Patient compliance will improve in comparison to supplementing with marine omega oils: they can take something they won't be tasting the rest of the day!

Up To 4x Better EPA Conversion vs. Flax

The science on SDA metabolism has been well understood for many years. Omega-3 ALA is an essential fatty acid that our bodies cannot synthesize and therefore must be found in the diet to support a range of critical cellular membrane functions. The typical Western diet is overly-rich in pro-inflammatory omega-6 fatty acids (e.g., arachidonic acid) and saturated fats (e.g., from meat consumption). By providing SDA directly in the diet, GreensFirst Pro Ahiflower Oil bypasses this rate-limiting step, enabling far more efficient conversion in tissues to longer-chain fatty acids like EPA.

A recently published human clinical trial analyzed Ahiflower oil and flaxseed oil consumption over 28 days, looking particularly at EPA accrual in circulating cells. The study concluded that Ahiflower oil is safe and converts to EPA up to 4x more efficiently than flaxseed oil.¹ This is due to Ahiflower oil's SDA content; flaxseed oil contains no SDA.

For vegetarians and also for patients concerned about sustainability in marine omega oils, GreensFirst Pro Ahiflower Oil represents an excellent alternative to fish oil for achieving minimum recommended daily EPA intake levels (200 to 250 mg). Based on peer-reviewed studies comparing ALA, SDA, and EPA metabolism, GreensFirst Pro Ahiflower Oil has nearly half the EPA equivalence of standard fish oil.^{2,3} An effective daily dose of GreensFirst Pro Ahiflower Oil to



achieve minimum recommended EPA intakes is 3 softgels per day. Plus, GreenFirst Pro Ahiflower Oil has anti-inflammatory GLA not contained in marine or algal oils.

Ahiflower oil really helps solve a dilemma for healthcare practitioners seeking a patient-friendly, convenient, and eco-sustainable way to improve daily omega-3 intakes.

Traceable, Sustainable, and Pure

Ahiflower oil seed is grown each year by Natures Crops International under exclusive contracts with independent farmers in the United Kingdom. The resulting crude oil from the seed is processed at our dedicated refinery in Prince Edward Island (Canada). Our CropAssured 365® identity preservation and quality assurance program guarantees full lot-based traceability from "soil to oil naturally" and eliminates supply chain custody gaps more typically seen in commodity oils.

For more information visit: www.greensfirst.com/product-details/Ahiflower

References:

¹ LeFort et al. Consumption of Buglossoides arvensis seed oil is safe and increases tissue long chain n-3 fatty acid content more than flaxseed oil. J. Nutr Sci, 2015. In press.

² James, MJ, Ursin, VM, Cleland, LG. Metabolism of stearidonic acid in human subjects: comparison with the metabolism of other n-3 fatty acids. Am J Clin Nutr. 2003;77(5):1140-5.

³ Krul ES, et al. Effects of duration of treatment and dosage of eicosapentaenoic acid and stearidonic acid on red blood cell eicosapentaenoic acid content. Prostaglandins Leukot Essent Fatty Acids. 2012;86(1-2):51-9.

GreensFIRST® PRO Ahiflower® Oil Vegan Omega-3

The richest, most effective combined essential fatty acids from a single plant

Why Ahiflower® Oil?

An Omega Fatty Acid Powerhouse!

Ahiflower is a proprietary, refined seed oil from the plant *Buglossoides arvensis*, in the Boraginacea family. It is the richest naturally-occurring source of stearidonic acid (SDA) and an excellent source of gamma-linoleic acid (GLA).

Traceability



Currently grown in the United Kingdom, Ahiflower is fully traceable through NCI's proprietary Crop Assured 365® system of quality control which monitors and documents the identity and purity of each harvest, 'from soil to oil.'

Delivering what you want

- Optimal source of plant-derived omega 3+6 benefits from SDA and GLA - no need for multiple & expensive sources
- Meets growing demand for vegetarian/vegan omega fatty acids
- A healthy source of anti-inflammatory omega-6 GLA, not available in fish or flax
- Neutral taste and smell - no "yuck" flavor or "fishy burps"!

BUY ONE
GET ONE
FREE

First order only (expires 3/31/16)



Ahiflower® Oil Vegan Omega-3 PRO

Better Than Flax. Not From Fish.™

For Sale Through Health Care Professionals Only

Omega 3 + 6 Powerhouse

Clean Aroma and Taste

100% VEGAN NON-GMO