

Perilla Oil

1000 mg, 180 softgels

Item Catalog Number: 00413

As people age, systemic inflammation can inflict degenerative effects throughout the body.¹⁻⁵ A primary cause of this destructive cascade is the production of cell-signaling chemicals known as inflammatory cytokines. Along with these dangerous cytokines, imbalances of hormone-like messengers called prostaglandins also contribute to inflammatory processes.

What you eat also contributes to the production of inflammatory cytokines. Eating foods cooked at high temperature can cause the formation of advanced glycation end (AGE) products.⁶ Glycation is the binding of a protein molecule to a glucose molecule that results in the formation of damaged protein structures. As the damaged proteins accumulate, they activate the production of pro-inflammatory cytokines. Presently there is no way to reverse the effects of glycation.

Essential fatty acids (EFAs)

The body needs fatty acids to survive and is able to make all but two of them: linoleic acid (LA), in the omega-6 family and alpha-linolenic acid (ALA), in the omega-3 family. These two fatty acids must be supplied by the diet and are therefore considered essential fatty acids (EFAs). Omega-3 fatty acids, found in cold-water fish (and fish oil), and perilla and flaxseed oils, can be part of a healthy diet. Omega-3 oils contain the essential fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are usually lacking in the typical Western diet that includes high amounts of omega-6 fats.⁷ EPA and DHA can be synthesized from ALA, but EPA and DHA synthesis may be insufficient under certain conditions.

While the polyunsaturated fats known as omega-6 fatty acids are essential to optimal health, most Americans and citizens of other Western nations consume far too many omega-6 polyunsaturated fatty acids and not enough omega-3 polyunsaturated fatty acids. In fact, some Western diets consists of 20 parts of omega-6 to only one part of omega-3. For optimum health, the ratio of omega-6 to omega-3 fatty acids should be between 1:1 and 4:1. This severe imbalance that occurs with most people contributes to the development of long-term health problems.

Studies associate the Mediterranean diet, rich in omega-3 fatty acids, olive oil, and antioxidant-rich fruits, vegetables, and herbs, with lowered cardiovascular risk and increased life span.⁹⁻¹⁵ Other studies support omega-3's importance in cardiovascular health.^{16,17} In fact, the FDA states that supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

Derived from the seeds of the *Perilla frutescens* plant found in India, Burma, Japan, and China, perilla oil is, by composition, 50-60% alpha-linolenic acid. Perilla oil and ALA have begun to generate excitement as more studies report that a diet rich in ALA may be helpful in maintaining optimal health.

References

Supplement Facts

Serving Size 3 softgels

Servings Per Container 60

Amount Per Serving

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| Calories | 30 |
| Calories from Fat | 25 |
| Total Fat | 2.5 g |
| Sodium | 18 mg |
| Perilla seed oil (<i>Perilla frutescens</i>) | 3000 mg |
| Alpha-Linolenic Acid | 1650 mg |

Other ingredients: gelatin, glycerin, water, annatto, and Tenox 20-A.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish, soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, or preservatives.

Dosage and Use

- Take three softgels two times daily with or without food, or as recommended by a healthcare practitioner.
- Do not take with fiber supplements.

Caution

If you are taking anti-coagulant or anti-platelet aggregating prescription medications, consult your healthcare practitioner prior to taking this product.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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