

# Ahiflower® Oil

## Omega-3s for Heart and Brain Health



For years, hundreds of studies have shown that supplementation with omega-3 fatty acids supports the mind, heart, joints, and immune system. Rarely does a supplement so powerfully and positively impact our health and quality of life. But even with all these demonstrated benefits, many of us avoid fish oils. Vegans and vegetarians search for plant alternatives, and others are concerned about fishing industry practices and marine sustainability. Others avoid fish oils because of an often-fishy aftertaste.\*

Numerous alternative plant sources of omega-3 oil have been introduced in the market, including black currants and algae—with one of the most famous being flaxseed. But among the most interesting and effective plant sources for omega-3 benefits is the newly discovered oil from Ahiflower®, which is the trademarked name for *Buglossoides arvensis* (also known as *Lithospermum arvense*), also commonly known as corn gromwell or field gromwell.\*

Source Naturals® Ahiflower® Oil is a unique source of omega-3s, which are important for heart and brain health. Ahiflower is the highest-known non-GMO source of stearidonic acid (SDA), which is a highly efficient precursor to eicosapentaenoic acid (EPA), a beneficial omega-3 fatty acid. A clinical study showed that the omega-3 fatty acid SDA in Ahiflower is more efficient at increasing EPA levels than flaxseed oil. Ahiflower is also a better source of GLA, the same valuable omega-6 fatty acid found in evening primrose oil, than flaxseed oil.\*

Ahiflower Oil is an environmentally sustainable, vegan, and non-GMO source of important omega-3 fatty acids.\*



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## Powerful Health Properties from a Tiny Herb

A small woodland herb, field gromwell is becoming an important new superstar in the world of natural health. As many people question the harvesting practices in the processing of fish oils, gromwell is a sustainable source of valuable omega-3s. It is reported to be easily cultivated, and based on calculations done by the producer of Ahiflower, Nature's Crops International, the oil from the seeds of an acre of this crop equals the omega-3s of 40,000 sardines. A native of Europe and Asia, the gromwell plant is a small shrub with white or blue flowers and is both an annual and biennial plant. It is primarily found in rocky slopes and woodland areas.\*

What makes Ahiflower Oil so exciting is that it offers an entire buffet of fatty acids, including the omega-3s stearidonic acid (SDA) and alpha-linolenic acid (ALA), as well as the omega-6s gamma-linolenic acid (GLA) and linoleic acid (LA).\*

## The Polyunsaturated Fatty Acids

The three omega-3 fatty acids important for humans are alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). All three of these fatty acids are required for healthy body

functioning. ALA is an essential fatty acid, meaning it cannot be synthesized on its own, and therefore must be obtained from the diet. EPA and DHA are not essential in the diet, as they can be synthesized in the body; however, there is substantial evidence of their benefits for health when consumed. EPA and DHA are naturally synthesized from the omega-3 fatty acids ALA and SDA, the main acids prevalent in Ahiflower Oil.\*



Ahiflower

## Studies Substantiate Claims

Ahiflower oil has been getting worldwide attention, and has been involved in numerous studies. The

following are among the findings for Ahiflower and for SDA supplementation:

- A recent clinical trial with healthy adults demonstrated that supplementation with Ahiflower oil increases EPA concentration more efficiently than flax seed oil.
- In multiple clinical trials with healthy individuals, dietary SDA-supplementation has been shown to significantly increase EPA levels in the blood.
- Clinical trials with healthy individuals have demonstrated that SDA is rapidly and readily metabolized to EPA.

- Dietary supplementation with SDA has been demonstrated in clinical trials to beneficially increase the omega-3 index, an important indicator of heart health.\*



## What Makes Ahiflower Different?

|   | Fish | Ahiflower | Echium | Blackcurrant and Hemp | SDA Enhanced Soybean | Flaxseed | Algae Oil Products | Krill |
|---|------|-----------|--------|-----------------------|----------------------|----------|--------------------|-------|
| Sustainable                                   | No   | ✓         | ✓      | ✓                     | ✓                    | ✓        | ✓                  | No    |
| Non-GMO                                       | ✓    | ✓         | ✓      | ✓                     | No                   | ✓        | ✓                  | ✓     |
| Vegan   | No   | ✓         | ✓      | ✓                     | ✓                    | ✓        | ✓                  | No    |
| GLA (Omega-6)                                 | —*   | ✓         | ✓      |                       | ✓                    | —*       | —*                 | —*    |
| Pathway to EPA                                | EPA  | SDA       | SDA    | SDA                   | SDA                  | ALA      | EPA                | EPA   |
| One of the richest plant-based sources of SDA |      | ✓         |        |                       |                      |          |                    |       |

\*Less than 1% of fat content

The SDA and ALA in Ahiflower Oil provide an environmentally sustainable, Non-GMO, and vegan avenue for supporting healthy omega-3 fatty

acid levels. As you can see from the chart above, there are many sources of omega-3 fatty acids, but few with the benefits of Ahiflower Oil.\*

Ahiflower® Oil is a trademark of Technology Crops LLC.

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