Alpha-linolenic acid by Abs, made from flaxseed, is ideal for athletes who want to look after their cardiovascular health and improve their performance.

Flaxseed (Linum usitatissimum L.), one of the oldest man-made plant resources, was used as a “nutraceutical” in ancient Greece (1).

Studies have found that it has high beneficial fatty acid and omega 3-6-9 (2) content, essential for good physical and cognitive health (3).

Its main omega-3 (flaxseed oil contains 55%) (4) is alpha-linolenic acid (ALA) (5), which is only obtained from food, as the body cannot synthesize it. It plays a key role as a plant precursor of EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), the most important fatty acids in our diet(6), which are found mainly in lipids of marine origin(7). In addition to being an exceptional vegan alternative, the balanced presence of these fatty acids promotes the regulation of cholesterol and cardiovascular well-being(8). The risk of heart disease, such as myocardial infarction, is therefore reduced (9).

Supplementation with alpha-linolenic acid (ALA) is of particular interest for athletes, as it helps to prevent inflammatory and joint problems caused by assiduous physical activity (10).

This anti-inflammatory action is accompanied by improved vasodilation and blood viscosity. Flaxseed oil is therefore ergogenic, meaning it boosts performance during training (10-11).

The European Food Safety Authority (EFSA) recommends a daily intake of 2 g of alpha-linolenic acid, the ideal dose offered by Abs. Bibliography


Health claims

ALA contributes to the maintenance of normal blood cholesterol levels.

**Composition**

**INGREDIENTS:**
4 capsules contain: 4000 mg of flaxseed oil (*Linum usitatissimum* L.) standardised to contain 50% alpha-linolenic acid (i.e. ALA 2000 mg).

**Other ingredients:** Vegetable-based capsule (gelling agent (E407): carrageenan, modified starch, humectant (E422): glycerol).

**ALLERGENS:**
This product does not contain allergens (in accordance with Regulation (EU) No 1169/2011) nor genetically modified organisms.

**FABRICATION AND GUARANTEE:**
This food supplement is manufactured in accordance with GMPs according to current pharmaceutical standards (GMPs are the Good Manufacturing Practices of the European Pharmaceutical Industry). The active ingredient content is guaranteed through regular analyses that can be viewed online.

**Use**

**DIRECTIONS:**
4 capsules a day divided into two doses with a glass of water, at mealtimes.

**WARNINGS:**
Not recommended for women in case of personal or family history of breast cancer, neither pregnant or lactating women. Do not exceed the recommended daily dose.

**ADVICES:**
The beneficial effect is obtained with a daily intake of 2 g of ALA. Does not replace a varied and balanced diet and a healthy lifestyle. If you are undergoing medical treatment, seek your therapist’s advice. For adult use only. Keep out of reach of young children.

**STORAGE INSTRUCTIONS:**
Store in a cool dry place away from sunlight.