

Essential Amino Acids in Omega Fibre

Per 10g of Omega Fibre

Arginine	390mg
Asparagine	360mg
Histidine	80mg
Isoleucine	180mg
Leucine	220mg
Lysine	150mg
Methionine	30mg
Phenylalanine	190mg
Threonine	140mg
Tryptophan	47mg
Valine	190mg

Non-Essential Amino Acids

Per 10g of Omega Fibre

Alanine	150mg
Cysteine	30mg
Glutamine	780mg
Glycine	190mg
Proline	120mg
Serine	150mg
Tyrosine	78mg

Suggested Serving Size: 10gm

Sprinkle two heaped teaspoons of Omega Fibre over cereals, fruit, yoghurt or stir into a glass of water or fruit juice.

Cleansing and soothing to the entire gastrointestinal tract

Rich in soluble and insoluble fibre

Valuable source of Omega-3 alpha linolenic acid

Wheat, Gluten and Psyllium free

Easily digestible protein

18% essential amino acids

* BFA - Biological Farmers of Australia

References

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omega fibre

Certified organic*



melrose
The Fresh Oil Company

Rich in soluble and insoluble fibre

OMEGA-3 AND 6 ESSENTIAL FATTY ACIDS
HIGH IN PROTEIN

People generally overlook the importance of the digestive system in the maintenance of good health. Our digestive system is responsible for processing food so that it can be transported to the cells for energy, growth and development. With such a vital role the digestive system needs to be cared for daily.

Fibre

Fibre helps food move through the bowel more easily and aids in the elimination of wastes including cholesterol and excess hormones. A diet high in fibre may reduce the risk of colon cancer (1) and may reduce blood cholesterol levels (2).

The Wellbeing of the Bowel & Digestive System

When the bowel and digestive system do not actively work it results in a reduction in the frequency of bowel movements or the occurrence of hard bowel movements. It is a problem that most people have experienced. Treatment has traditionally been with pharmaceutical laxatives which increase propulsive activity of the intestines by causing local irritation of the intestinal wall. This can lead to dependency as the muscles of the intestinal tract become lazy. Malabsorption can also occur as transit time is too quick for nutrients to be absorbed by the body.

Introducing Melrose Omega Fibre

Melrose Omega Fibre is based on Australian Organic Golden Flaxseed Meal, Licorice Root, Slippery Elm Bark Powder and Aloe Vera Juice Powder.

Melrose Omega fibre supports a gentle cleansing of the intestinal tract and may be taken on a daily basis without the worry of dependency.

Melrose Omega Fibre is wheat, gluten and psyllium free making it ideal for those with food allergies or the most sensitive intestinal tracts.

Omega Fibre

Omega fibre has a mucilaginous bulking agent, providing both soluble and insoluble fibre to aid regular bowel movement. The flaxseed meal in Omega Fibre works in two ways;

- 1 The mucilage is an excellent bulking agent making the stools more voluminous providing mechanical stimulation of the bowel,
- 2 The oily constituent of flaxseeds provides a lubricating action.

Omega Fibre contains high levels of calcium, magnesium, phosphorous and potassium.

It contains high levels of soluble fibre that is reported to help reduce blood cholesterol and the incidence of colon cancer.

Omega Fibre contains the highest dietary source of plant lignans that recent studies suggest may be anti-cancer agents (3).

Omega Fibre also contains omega 3 fatty acid which has been shown to be beneficial in reducing the risk of cardiovascular disease (4) and rheumatoid arthritis (5).

Licorice Root

Glycyrrhizin, found in Licorice, and its derivative Glycyrrhetic acid have anti-inflammatory and healing effects on already damaged intestinal mucosa, protecting the intestines from further damage.

Slippery Elm

Slippery elm is produced from the bark of small elm trees *Ulmus fulva* and *Ulmus rubra*.

The bark is mucilaginous and when consumed increases the flow of mucous along the gastrointestinal tract. Mucous provides a protective coating to irritated tissues.

Aloe Vera

The Aloe Vera in Omega Fibre is produced from the gel by desiccant removal of moisture until reaching the dryness of a powder - a concentration of 200 times. On the addition of moisture the powder is reactivated into Aloe Vera juice with a concentration of 10% in Omega Fibre. The use of Aloe Vera has become of widespread interest supporting and maintaining overall activity levels.

Symptoms of an unhealthy Digestive System

Indigestion	Halitosis	Bloating
Constipation	Diarrhoea	Wind
Fatigue	Nausea	Headaches
Malabsorption	Irritable Bowel Syndrome	

Suggestions for a healthy Bowel

Ensure an adequate soluble and insoluble fibre intake by eating a variety of unprocessed foods including; Fruit, Vegetables, Whole Grains, Seeds, Legumes

Drink plenty of fluids. Increase exercise

Nutritional Information

	per 10g	per 100g
Energy	171kJ	1710kJ
Protein	3.5g	35g
Fat Total	1.00g	10.0g
Omega-9	0.15g	1.5g
Omega-6	0.17g	1.7g
Omega-3	0.60g	6.0g
Carbohydrate	4.00g	40.0g
Sugars	0.17g	1.7g
Soluble Fibre	1.15g	11.0g
Insoluble Fibre	2.2g	21.0g
Lignans (estimate)	8mg	80mg
Magnesium	17mg	170mg
Phosphorous	26mg	260mg
Calcium	9.2mg	92mg
Zinc	0.15mg	1.5mg
Sodium	2.5mg	25mg
Potassium	30mg	300mg