

If you are taking Flaxseed oil for heart health, you should read this:

Melrose have developed an alternative to Margarine and Butter that is especially for you. It is called OmegaCare Table Spread. There are three varieties.

The OmegaCare range of table spreads that are produced by Melrose are high in Omega-3 and very low in saturated fat. These are desirable characteristics for a healthy heart.

The OmegaCare spreads are produced using natural unheated oils, they are not hydrogenated, not heat treated, no trans fats, non dairy, no cholesterol and GMO free.

OmegaCare 16% Omega-3 and only 7.2% saturated fats on a total fat basis. (see comparison chart)

OmegaCare - Flax and Canola oils

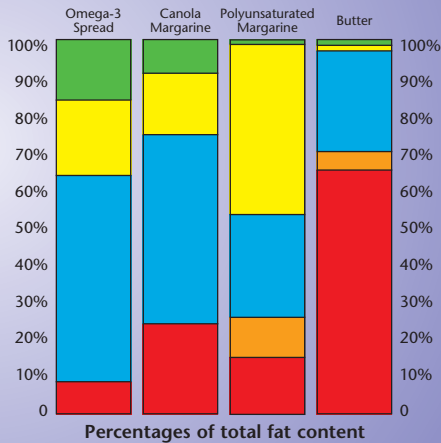
Omega Blend - Flax, Canola and Olive oils

Omega Gold - Organic Flax and Sunflower oils

Available refrigerated in your Health Food Store.



Profile of Table Spreads



- Omega-3 ALA** (Good Fat)
- Omega-6 Polyunsaturated** (Too much Omega-6 is bad. Monounsaturated is neutral.)
- Monounsaturated**
- Trans Fats** (Trans Fats are bad as is too much Saturated Fat)
- Saturated Fats**

How will Omega-3 benefit me?

Daily use of **Omega-3 Spread** can aid in restoring the balance of Omega nutrients in the body and help to maintain a healthier heart. Significant studies show that the Omega-3 fatty acids disperse platelet aggregates in the blood thereby reducing the risk of cardiovascular disease.¹ Omega-3 fatty acids have been shown to produce anti-inflammatory prostaglandins thereby reducing the risk of rheumatoid arthritis.²

Lowest in saturated fats

It is now widely recognised that the type and quality of fats and oils we consume has a significant influence on our health and well-being. A diet high in saturated fats can lead to eventual heart health problems. **Omega-3 Spread** has the lowest saturated fat content of all table spreads, including margarine, with less than 9%. For comparison, margarines have more than 20% and butter has over 60% on a total fat basis.

Margarines use heat treated fats

To increase the saturated fat content of oils used in margarine from 8% to more than 20%, oils such as canola are heat treated with hydrogen or by another process called interesterification. The oils are "hardened" to increase their saturated fat content.

Omega-3 Spread uses natural oils without heat treatment

A simple patented mixing process at room temperature without hydrogenation or heat treatment produces a patented spreadable product.

1. Allman MA, Pena MM, Pang D, - Supplementation with flaxseed oil versus sunflower oil in healthy young men consuming a low fat diet: effects on platelet composition and function. Eur J Clin Nutr. 1995;49:169-178.
2. E. Mantzioris, M.J.James, R.A.Gibson and L.G.Cleland - Dietary Substitution with Linolenic acid - rich vegetable oil increases eicosapentaenoic acid concentration in tissues. Am J Clin Nutr 1994



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