



SOLGAR, INC.

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Solgar Introduces Earth Source® Flaxseed Oil

LEONIA, NJ — September 24, 2009 — Solgar proudly introduces Earth Source® Flaxseed Oil. This new addition to Solgar's premium Earth Source® line offers consumers one of the most concentrated vegan plant sources of omega-3 fatty acids found in nature. Just one tablespoon daily offers nearly 14 grams of cold pressed, pure and unrefined organic flaxseed oil.

“We're excited to provide flaxseed in a vegan, liquid form,” said Dana Tarello, Solgar Vice President of Marketing. “Earth Source® Flaxseed Oil offers consumers another choice for supplementing their essential fatty acid needs.”

Derived from the seeds of the flax plant *Linum usitatissimum*, flaxseed is one of the best plant sources of the omega-3 fatty acid alpha-linolenic acid (ALA) available. Flaxseed oil is also one of the premium sources of linoleic acid, an omega-6 fatty acid. ALA and linoleic acid are essential fatty acids that must be obtained from the diet since the body cannot make them. Additionally, flaxseed oil provides oleic acid, an omega-9 fatty acid that is found in the membrane of nerves.

Linoleic acid and ALA are integral parts of the structure of cell membranes and are precursors to a wide range of biologically important molecules, including eicosanoids such as prostaglandins and leukotrienes. These are required for the regulation of many processes within the body, including inflammation, blood clotting, and immune system modulation.* Omega-3 fatty acids are especially abundant in brain phospholipids and are essential for the development of brain and retina cells.

Research indicates that flaxseed oil plays a positive role in supporting cardiovascular health.¹⁻⁶ Flaxseed is also important for healthy skin⁷ and may help promote nerve health.*

Solgar Earth Source® Flaxseed Oil is free of sugar, salt, corn, yeast, wheat, soy, gluten, and dairy products and is formulated without the use of artificial preservatives, flavors, or colors. One tablespoon offers nearly 14 grams of cold pressed, pure and unrefined organic flaxseed oil. This product will be available in fine health food stores nationwide.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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For over 60 years, Solgar, Inc. has been educating and providing consumers worldwide with premium-quality, innovative, science-based nutritional supplements that enhance overall wellness. Committed to quality, Solgar utilizes stability testing, expiration dating, USP water filtration, and quality control analyses to ensure potency and purity in every product. With its world headquarters located in Leonia, NJ, Solgar exclusively distributes its more than 425 products directly to natural health food retailers across the globe. Additional information about Solgar can be found at www.solgar.com.

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