

## Organically Grown Sacha Inchi Oil—A Top Source of Digestible Omega-3 Fatty Acids

Sacha inchi is also so-called “Inca nut.” It is produced from seeds of an Amazon plant found naturally in Peru. These seeds contain a highly nutritious oil, which is a top source of omega-3 fatty acids, as well as omega-6s and omega-9s. It is a true whole food oil.

Compared to all other vegetable omega-3 oils, sachu inchi oil is superior. It contains a far wider variety of nutrients than flax, black currant, and primrose oils. PureOmega contains only oil from organically raised seeds; there are no chemical residues of any type in this oil. The organic certification is obtained through IMO Control under NOP and EU standards. This is a jungle plant that grows about 1500 feet above sea level. It thrives only in the most remote and wild regions; only highly fertile, unaltered soil sustains it.

There are very few vegetable or seed-based oils that are top sources of omega-3s in the form of the rare fatty acid alpha linolenic acid. Only flaxseed oil and sachu inchi oil are top sources. Sachu inchi oil (PureOmega) has the advantage of being truly remote-source, plus it is far denser in nutrients such as B vitamins, amino acids, and trace minerals than flaxseed oil. They each contain nearly the same amount of omega-3s. However, Sachu inchi is superior because:

- It is highly digestible, far more so than flaxseed oil.
- It contains high amounts of protective antioxidants lacking in flaxseed oil, such as beta carotene and vitamin E.
- It contains large amounts of essential amino acids which are lacking in flaxseed oil.
- It is higher in B vitamins than flaxseed oil.
- It is lower in toxic substances known as goitrogens than flaxseed oil.
- It does not contain the toxic substance found in flaxseed oil known as linamarin, which blocks the utilization of vitamin B-6 and therefore may cause skin inflammation.
- It is free of various other anti-nutrients which bind to and destroy key vitamins and enzymes; again, there are no such anti-nutrients in sachu inchi (PureOmega) oil.

**How to use:** Take two teaspoons daily. For pregnant and lactating women take one or two tablespoons daily. Mix in cereal, smoothies, and cottage cheese. This is the ideal fatty acid supplement for growing children. Safe to take for all ages; safe to put in infant bottles (about a half teaspoon per bottle).

### Supplement Facts

Serving Size 1 teaspoon  
Servings per container 48

	Amount Per Serving	% Daily value
Proprietary blend	3,360 mg	
Wild Sacha Inchi oil		
Omega-3s	1,600 mg	100%
alpha-linolenic acid	800 mg	
other omega-3s	800 mg	
Omega-6s	1,175 mg	14%
linoleic acid	395 mg	
other omega-6s	780 mg	
Wild rosemary oil		*

\*Daily value not established



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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.