



WITSENBURG

natural products b.v.

OMEGA & MORE

PERFECT BALANCE

balanced oil melange with
omega-3, omega-6 and omega-9 fatty acids



PERFECT BALANCE

balanced oil melange with omega-3, omega-6 and omega-9 fatty acids

This combination of special organic oils contains precisely those essential fatty acids your body requires to function properly: omega-3, omega-6 and omega-9 fatty acids in an optimal ratio.

PERFECT BALANCE conforms to the strictest demands to be made of an oil with respect to health, taste, environment-friendliness and shelf-life.

This unique oil melange contains the following components: flaxseed oil, sunflower oil*, sesame oil*, coconut oil*, pumpkin seed oil*, evening primrose oil*, rice bran oil and borage oil*.*

Each oil in this melange has its specific function and properties.

All ingredients are unrefined, cold-pressed and, wherever possible, organically grown.

In addition, Perfect Balance contains natural vitamin E as an antioxidant and rosemary extract for a longer shelf life. In this way, the delicate essential fatty acids are protected optimally.

(organic)*



WHY ESSENTIAL FATTY ACIDS?

Many people think that fats in food are unhealthy. They are concerned about their heart and their blood vessels and they are afraid to put on weight by consuming fat.

There is some truth in those statements, but it is certainly not true for all fats, on the contrary. Trans fats are indeed unhealthy; you'd be well advised to avoid those. However, the 'polyunsaturated fatty acids', such as occur in flaxseed oil, fish, nuts and seeds, are absolutely indispensable for our health. They are also called essential fatty acids because our body needs them but cannot produce them. This means that we need to take in those important fatty acids via our food.

The body uses essential fatty acids for the proper functioning of all cells, tissues and organs: essential fatty acids have many important functions in the body.

Essential fatty acids are extremely important for the cell membranes to properly function. Cell membranes are the walls of cells. Essential fatty acids ensure that those membranes remain supple. In this way, the cell and, consequently, the tissue or organ, function much better.

In addition, essential fatty acids stimulate the production of prostaglandins. Those are hormone-like substances, which, like real busybodies, play a central role in optimising the cholesterol level, the production of hormones, the immune system and the blood pressure.

Furthermore, essential fatty acids provide long-term energy and endurance because they help the body to take up oxygen. Also, they support the metabolism, brain function and digestion.

They stimulate fat burning, prevent the body from retaining excessive water and reduce the craving for sweets.

For the skin, those fatty acids function as cosmetics. Even complaints like acne, psoriasis and eczema might improve thanks to essential fatty acids.

The joints may profit as well because essential fatty acids help counteract inflammation.

OMEGA-3 AND OMEGA-6

There are two sorts of essential fatty acids: OMEGA-3 (for example alpha linolenic acid) and OMEGA-6 (for example linoleic acid). It is important that those fatty acids are well balanced.

Generally, our food contains too few essential fatty acids, especially omega-3 fatty acids.

An optimal ratio between the required fatty acids may be achieved by mixing various valuable oils in the right manner. PERFECT BALANCE contains the essential fatty acids omega-3 and omega-6 in that ideal ratio, adjusted according to the needs of people in the western world.

OILS IN PERFECT BALANCE

Each oil in this healthy melange has its own function and properties.

- › Flaxseed is added as the richest source of OMEGA-3 fatty acids. It is the best vegetable oil for people with an OMEGA-3 fatty acid deficit. Flaxseed prevents blood plates to become sticky, among other things, and thereby contributes to our heart and blood vessel health.
- › Sunflower oil and sesame oil provide the most OMEGA-6 and they have a pleasant taste.

- › Evening primrose oil and borage oil are very valuable because of their high gamma-linolenic acid (GLA) content. GLA is indispensable for the production of the important prostaglandins (type E1). Those hormone-like substances are involved in regulating the blood pressure, the cholesterol level and the heart function, all of which are important for a healthy heart and blood vessels. Gamma-linolenic acid resembles linoleic acid (OMEGA-6), but it has a longer fatty acid chain. It is less prevalent in our food than linoleic acid and has its own positive properties. Evening primrose oil is a much-used source of GLA. This oil contains OMEGA-9 fatty acids as well. Borage oil, which is quite a bit more expensive, also contains GLA, even twice as much as evening primrose oil.
- › Coconut oil is added because it contains fatty acids with short to medium length chains. Those are well suited to serve as fuel for the heart. In addition, coconut oil contains lauric acid, a fatty acid functioning as a building block for the anti-microbial monolaurine.
- › Pumpkin seed oil is not only a very tasty and aromatic oil, it also contains OMEGA-3, -6 and -9 fatty acids. Pumpkin seeds are renowned for their therapeutic influence on the prostate.
- › Rice bran oil is a stable OMEGA-6 oil. In its unrefined form this oil is a rich source of waxes and sterols, which help regulate the cholesterol level.

UNIQUE PRODUCTION PROCESS

This special oil melange is mechanically pressed in ideal circumstances: without any influence from light and at a low temperature. The oil is bottled in an oxygen-free environment and does not contain any trans fatty acids. This unique process was developed in order to guarantee maximum stability of the oils, an optimal nutritional value and freshness.

Wherever possible, all ingredients in the melange derive from organic farming. This is also a guarantee that they have not been genetically manipulated. Not a single oil in this melange has been chemically processed. Obviously, no chemical or synthetic additions have been used in the melange.

Omega & More PERFECT BALANCE is available in dark glass bottles (500 and 250 ml), in which the delicate essential fatty acids are protected against oxygen and light. The oil melange is also available in capsules of 1000 mg and as a box containing 30 sachets of 15 ml, handy when you are on route or for using it at work.



HOW ABOUT THE TASTE?

We may safely say that the taste is excellent: refined, mild and nutty. That makes PERFECT BALANCE a delicious addition to salads and sautéed vegetables, in yoghurt, with cottage cheese or in fruit and vegetable juices. Or in the Italian way, dipping a piece of bread in the oil.

Due to the fatty acids' vulnerability, this melange must not be heated (above 50°C). That means that the oil melange is NOT suitable for baking, sautéing or frying. For baking or sautéing you should rather use stable fats such as butter or our coconut oil.

MORE JUST A FOODSTUFF

In the first place PERFECT BALANCE is a foodstuff. But in view of its unique composition, the melange has much in common with nutritional supplements. Most people use the oil melange as their daily source of essential fatty acids, a healthy supplement to their nutrition. Possibly combined with MegaFlax, which mixes excellently with PERFECT BALANCE oil.



PERFECT BALANCE

WOULD YOU LIKE TO KNOW MORE ABOUT THE HEALTHY USE OF OILS AND FATS?

Order the booklet: The healthy use of oils and fats.

The American scientist Mary G. Enig wrote the book 'Know Your Fats'. Based on international scientific research, she tells us about the relationship between fats and health in a very understandable style.

She wrote the book for the health-conscious consumer and for those professionally concerned about nutrition and health, such as doctors, therapists and dieticians.

Warmly recommended if you would like to expand your knowledge about nutrition and the influence of fats on your health.

OTHER PRODUCTS

Flaxseed oil with garlic and chilli (*a culinary sensation*)

MegaFlax (*savoury nutritional supplement based on flaxseed*)

The Missing Link (*comparable to MegaFlax, but for animals*)

Canadian Essence (*a traditional melange of 8 herbs*)

Wild & More products (*the intense taste of real wild fruit*)

By offering superior quality products, **witsenburg natural products** contributes to health and well-being of man and animal, in a manner that spares our environment as much as possible. That means, among other things, that we have decided on using organic ingredients and applying humane and environment-friendly production and packaging methods. **Witsenburg natural products** takes a personal approach to its customers and offers extra service because we would like to be more than just a link in the chain. With our problem-solving products we hope that our company is an inspiration to body and mind. For us, quality, efficacy and integrity are more important than quantity. That is what we commit ourselves to.



WITSENBURG
natural products b.v.

De Lasso Zuid 3a, NL - 2371 EV Roelofarendsveen
+31 71 33 146 31, www.witsenburg.net, info@witsenburg.net