

# SCLAREA / CLARY SAGE-

## Basic facts SALVIA about Omega3

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Fifty percent of our brain is made of Omega fatty acids; 20% of which is Omega 3. It is an essential fatty acid which our body needs, yet cannot manufacture on its own. Omega 3 is a cardinal component of our cell membrane. The cell membrane controls the movement of substances in and out of cells. It basically protects the cell from outside toxins and harmful substances. The cell membrane works as a selective filter, allowing only certain things to enter and leave the cell. A cell membrane deficient in Omega 3 will not provide optimal functioning, resulting in many different health problems.

**Salvia Sclarea Seed Oil** is a rare type of oil explored and extracted from the Salvia Sclarea Seeds. The Salvia Sclarea plant was considered extinct until it was rediscovered, explored and recultivated at the **Volcani Center; the Agricultural Research Organization**

**(ARO), in Israel.**

**Salvia Sclarea Seed Oil** is 100% pure oil and is produced by cold-pressing the seeds, much like the process of making olive oil. No chemicals are involved, hence there is no contamination - unlike fish oil which contains PCB (a carcinogen), heavy metals such as mercury, and other toxic substances. Another source of Omega 3 is flaxseed oil, which is high in allergens and contains two groups of cyanide. Flax oil is three times higher in phytoestrogens than soy, and in woman may create hormonal imbalance. Flax oil oxidizes 20 minutes after exposure to oxygen and is therefore inferior to Salvia Sclarea which has a two year shelf life. Chia seeds (another source of Omega 3) have inflammatory agents which can cause a variety of inflammatory conditions if taken regularly.

**Salvia Sclarea Seed oil** is known to be very stable due to its high levels of anti-bacterial, anti-viral and antioxidants, along with the Omega 3 oil produced from the plant. It does not oxidize or expire for up to 2 years, even when exposed to light, air and heat.

The oil is gluten-free and has no allergens. It does not thin the blood, but it does aid in blood circulation and in the prevention of embolism (blood clotting). No side effects have been reported and it is safe and recommended for consumption by heart patients, pregnant women and children. ALA Omega 3 from Salvia Sclarea is the same essential Omega 3 which passes in mothers' milk.





**Salvia Sclarea Seed Oil** helps maintain a healthy heart and mind. It may help with symptoms such as: hypertension, high triglycerides, high levels of cholesterol inflammatory disease, skin and hair problems, ADD, concentration, anxiety, depression, PMS, autoimmune disease, as well as assist with proper fetal development. Salvia Sclarea Seed Oil possesses a rare combination of over one hundred active ingredients. To name a few of these, it has antibacterial, antioxidant, antiseptic, antiviral, anti-mutagenic, anti-inflammatory, antifungal and astringent qualities.

Omega 3 lowers negative cholesterol (LDL) and increases the level of positive cholesterol (HDL). It assists with clearing our blood from harmful radicals and excess fat (triglycerides), thus preventing heart disease and brain disease (CVA). Omega 3 is an essential group of fats our body needs in order to maintain optimal health and proper functioning.

<i><b>Q10, tannic acid</b></i>	<i>Anti-Viral, antioxidant, anti-inflammatory, antibacterial</i>
<i><b>Sclareol</b></i>	<i>Anti-carcinogenic</i>
<i><b>Linalool and Linalyl acetate</b></i>	<i>Anti-inflammatory, antifungal, antibacterial</i>
<i><b>Mannol</b></i>	<i>Prevents blood aggregation and clotting, and supports healthy circulation; especially potent in fighting candida</i>
<i><b>Caryophyllene oxide</b></i>	<i>Antimycotic</i>
<i><b>Sterols</b></i>	<i>Lowers LDL and raises HDL</i>
<i><b>Vitamin E</b></i>	<i>All four groups of E</i>

### *Omega 3 summery*

**Salvia Sclarea Seed Oil** contains 50% Omega 3 ALA (Alpha Linolenic Acid), which is an essential fat in each of our body's cells membrane. Our body cannot produce Omega 3 by itself; rather, we must consume it through our diet. All three types of Omega 3 are very important to maintain both our mental and physical health.

One of the most common problems in Western nutrition is a deficiency of Omega 3 which results in inflammatory disease and neurological problems of all kinds.

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