FDA Grants GRAS Status for HiOmega® High Alpha Linolenic Acid Flax Oil

HiOmega® flaxseed oil has been granted GRAS (Generally Recognized As Safe) status by the FDA. HiOmega® flaxseed oil contains 70 % omega-3 as alpha linolenic acid, 20-30 % more omega-3 than other flaxseed oils. HiOmega® flaxseed oil is cold pressed, all natural and a non-GMO vegetable source of the essential omega 3 fatty acid.

Fisher Branch, MB (PRWEB) June 12, 2009 -- HiOmega® flaxseed oil has been granted GRAS (Generally Recognized As Safe) status by the FDA. HiOmega® flaxseed oil contains 70 % omega-3 as alpha linolenic acid, 20-30 % more omega-3 than other flaxseed oils. HiOmega® flaxseed oil is cold pressed, all natural and a non-GMO vegetable source of the essential omega 3 fatty acid.

FDA scientists thoroughly reviewed information on the identity, method of manufacture, specifications, safety, potential for toxicity and health effects of high linolenic flaxseed oil. Achieving GRAS status opens the door to the US food industry for HiOmega® high linolenic flax oil. Polar Foods, Inc. intends HiOmega® flaxseed oil for use as replacement for edible oils in various food categories resulting in an estimated dietary intake of less than 22 grams of HiOmega® high linolenic flaxseed oil per day (equivalent to 15 grams of ALA per day).

Peer reviewed scientific studies have shown that consumption of omega 3 in the form of alpha linolenic acid (ALA) from flaxseed oil has significant cardiovascular health benefits including reducing the risk of sudden cardiac death. Additional health benefits include anti-cancer effects and protection of bone, kidney and liver health and maintenance of healthy DHA levels. HiOmega® flax oil has a beneficial balance of omega 6: omega 3 (1:7) and a lower level of saturated fat than fish omega 3 oils. The high omega 3 content of flaxseed oil helps to balance the omega 3:omega 6 ratio of the total diet. HiOmega® flaxoil is the highest vegetable source of omega 3.

FDA GRAS approval offers the opportunity to food manufacturers to place claims on their labels such as "contains Omega 3". Manufacturers may consider using structure/function claims with HiOmega® high linolenic flaxoil such as "Rich/high/excellent source of ALA Omega 3" and "Omega 3 fatty acids support overall and cardiovascular health".

For a copy of the GRAS affirmation see the Polar Foods, Inc. website www.polarfoods.net or the FDA website at http://www.fda.gov/Food/FoodIngredientsPackaging/GenerallyRecognizedasSafeGRAS/GRASListings/ucm154992.htm.

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