

Ahiflower® Oil

The vegetable omega-3 oil

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Ahiflower® Oil is the perfect vegan source of Omega-3

Ahiflower® Oil is a unique vegetable oil, which is extracted from the seeds of a non-genetically modified variety of field gromwell (*Buglossoides arvensis*).

The special feature of Ahiflower® Oil is the stearidonic acid (SDA), an Omega-3 fatty acid, it contains. The human body can readily convert this SDA to eicosapentaenoic acid (EPA). This polyunsaturated fatty acid is required for a range of metabolism functions and is also the source material for creating docosahexaenoic acid (DHA). DHA plays a vital role in neural and cardiovascular mechanisms as well as maintaining normal blood lipid levels and retina health.

EPA and DHA are mainly found in oil-rich sea fish, e. g. herring, mackerel, salmon and sardines. This makes Ahiflower® Oil a perfect vegan alternative to fish oil.

Efficient Conversion from SDA into EPA

The human body cannot synthesize the polyunsaturated fatty acids EPA and DHA. It requires alpha linolenic acid (ALA) and linoleic acid (LA) as precursors. These fatty acids are essential and therefore must be ingested with the diet.

Once ingested a series of enzyme reactions instigate the conversion to EPA. This conversion is limited and dependent upon a variety of factors, such as age, gender and diet. Examples of other vegetable oils containing high levels of ALA are Linseed Oil and Perilla Oil.

Ahiflower® Oil is a vegetable oil rich in the Omega-3 fatty acid stearidonic acid (SDA) as well as the Omega-6 fatty acid gamma linolenic acid (GLA). The obvious advantage compared to other vegetable oils is the significantly higher conversion rate of SDA to EPA. Hence, considerably greater amounts of alpha linolenic acid (ALA) rich oils are required to achieve similar benefits. Ahiflower® Oil has the highest SDA content of any commercially available, non-genetically modified single plant.



We distribute Ahiflower® Oil under the registered trademark of our supplier.

Synthesis of Omega-3 fatty acids

Alpha Linolenic Acid (ALA)
(<6% conversion into EPA)



Stearidonic Acid (SDA)
(20% - 30% conversion into EPA)



Eicosatrienic Acid (ETA)



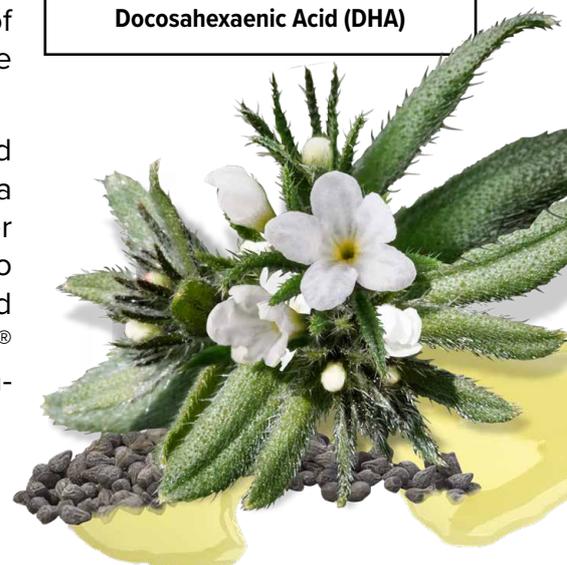
Eicosapentaenic Acid (EPA)



Docosapentaenic Acid (DPA)



Docosahexaenic Acid (DHA)



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Other benefits of Ahiflower® Oils

In addition to stearidonic acid Ahiflower® Oil contains high levels of the essential Omega-6 fatty acids gamma linolenic and linoleic acid as well as the Omega-3 fatty acid alpha linolenic acid.

Ahiflower® Oil originates from sustainable agriculture with full traceability. The seeds of one hectare of field gromwell produce the same amount of omega-rich oil as 40,000 sardines. It is therefore the ideal vegan alternative to fish oil and as such it helps protect fish stocks.

Approved uses of refined Ahiflower® Oil

Ahiflower® Oil has been classified as a Novel Food and is currently approved for the following foods. In addition the following approved uses, our supplier is currently discussing other areas of use with the competent authorities.

Food Category	Maximum level of stearidonic acid
Dairy products and analogues	25 mg/100 g, 75 mg/100 g in drinks
Cheese and cheese products	750 mg/100 g
Butter and other fat and oil emulsions including spreads (not for cooking or frying purposes)	750 mg/100 g
Breakfast cereals	625 mg/100 g
Dietary foods for special medical purposes as defined in Directive 1999/21/EC, excluding dietary foods for infants and young children	In accordance with the particular nutritional requirements of the persons for whom the products are intended
Foods intended for use in energy-restricted diets for weight reduction as defined in Directive 96/8/EC	250 mg/meal replacement

Ahiflower® Oil in Animal Feedingstuffs

Ahiflower® Oil can be used as a vegetable Omega-3, -6 and -9 supplementary oil in animal feed for dogs and horses. It supports the regeneration of the locomotion system, helps build up and protect joints and ligaments, provides the coat with a healthy shine and improves the reaction to stress. Owing to the high stearidonic acid content Ahiflower® Oil is a possible alternative to fish oil.



Cultivation of field gromwell



The seeds



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