THE

AMAZING

SAFFLOWER

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IMPORTANT

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Introduction

Safflower (*Carthamus tinctorius* L. Family: Asteraceae (daisies))

Common Names: Safflower , American saffron , zafran , bastard saffron , false saffron , dyer's saffron , Gami Honghwain .

Safflower is the richest source of linoleic acid; and CLA (conjugated linoleic acid), in supplement form; and is a necessary supplement since it is very difficult for an individual to obtain an "optimal level" of CLA through diet alone.

Research has shown that a decrease in conjugated linoleic acid (CLA) leads to obesity. On the other hand increased consumption of CLA helps with weight loss by increasing the metabolic rate, suppressing appetite and causing the body to use more stored fat for energy production. While safflower oil is high in CLA the easiest way to take it is in the form of Tonalin CLA softgels. A Norwegian study indicates that 3.4 grams per day achieved weight loss with no change in diet or exercise.

Thus, Safflower Oil supplements are often used in weight loss programs as a "fat burner".

Currently, the seed varieties that produce oil high in oleic acid and very low in saturated fatty acids predominate the health market. High oleic safflower oil is lower in

Two parts of the safflower are primarily used - the flower itself and safflower seeds. There are two types of safflower oil with corresponding types of safflower varieties: 1) those high in monounsaturated fatty acid (oleic), and 2) those high in polyunsaturated fatty acid (linoleic).

The safflower varieties that are high in oleic oil are used as a heat stable cooking oil to fry such food items as chips, crisps, and other snack items; and are also used in cosmetics, food coatings, and infant food formulations. The oil in linoleic safflower contains nearly 75 percent linoleic acid, and is used primarily for edible oil products such as salad oils and soft margarines.

World-wide, there is a considerable health food market for safflower oil - high-oleic safflower oil is lower in saturates and higher in monounsaturates than olive oil, and is beneficial in preventing coronary artery disease.

Also, monounsaturates such as oleic safflower oil tend to lower blood levels of LDL (bad cholesterol) without affecting HDL (good cholesterol). Polyunsaturated fats, such as linoleic acids, are associated with lowering blood cholesterol.

Both types of oil are considered “high-quality” edible oil, and public awareness about this health topic has made safflower an important crop for vegetable oil.

Percentage of Omega-3 and Omega-6 Essential Fatty Acids

Source	Percent omega-3	Percent omega-6
Safflower	0%	75%
Sunflower	0%	65%
Corn	0%	59%
Soybean	7%	54%
Walnut	5%	51%
Pumpkin	15%	42%
Golden Flax	48%	19%

Uses

Safflower oil is a pale-yellow oil, which is good for all skin types - it is, highly moisturizing and soothing to the skin.

Therapeutic uses of safflower oil include:

- Alzheimer's disease
- Angina pectoris
- Atherosclerosis
- Cardiovascular disorders
- Chronic hepatitis
- Coronary artery disease
- Cystic fibrosis (serious inherited disease which mainly affects the lungs and pancreas, but can involve other organs - mucus and secretions are thicker than normal)
- Deficiency
- Diabetes mellitus type 2
- Familial hyperlipidemia (a disorder of high cholesterol and high blood triglycerides that is passed down through families)
- Friedreich's Ataxia (inherited degenerative disease that primarily affects the nervous system and the heart)
- Hypercholesterolemia (high cholesterol)

- Hypertension
- Kidney disorders
- Malnutrition
- Nutritional supplement
- Skin conditions
- Total parenteral nutrition
- Toxicity

Hair Loss

Eastern health practitioners have used safflower oil as a hair loss cure. Applying safflower oil in the scalp promotes good blood circulation. It is considered as a vasodilator, which means it can stimulate dilation of blood vessels. Through this, more and more nutrients are then allowed to be delivered to the hair follicle and can gradually help in the growth of hair.

Dosage

Safflower Oil, 1,000 mg caps, 3 - 4 caps daily, with meals; or as directed by a qualified health care consultant.

Pregnant or lactating women should consult a physician before taking any CLA supplements

Children

Consult your physician or other health care professional for child dosage.

Contraindications

Contraindications have not yet been identified.

Toxicology

Research reveals little or no information regarding toxicity with the use of safflower oil.

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