
References

1. Institute of Food Technology. Institute of Food Technology expert report. Functional foods: Opportunities and challenges. [Internet]. Chicago. 2005. [cited 2007 May 8]. Available from: http://members.ift.org/IFT/Research/IFTExpertReports/functionalfoods_report.htm
2. Olsson, Frank and Weeda, attorneys. 2004 (January 16). Notification for a nutrient content claim based on an authoritative statement [letter to the U.S. Food and Drug Administration]. Washington, DC. FDA docket #2004N-0217.
3. Food and Drug Administration. 2004 (June 25). Letter to Nancy Chapman of Advocates for Better Children's Diets. Washington, DC. FDA docket # 2004N-0217.
4. U.S. Department of Health and Human Services, U.S. Department of Agriculture. 2005. Dietary guidelines for Americans 2005. [Internet]. [cited 2007 May 8]. Available from: <http://www.healthierus.gov/dietaryguidelines>
5. TJP Market Development. 2006. The U.S. market for flax ingredients and competitive products. Flax Council of Canada, Winnipeg, MB. 58 p.
6. Weill P, Schmitt B, Chesneau G, et al. 2002. Effects of introducing linseed in livestock diet on blood fatty acid composition of consumers of animal products. *Ann. Nutr. Metab.* 46: 182-191.
7. Daun JK, Barthelet VJ, Chornick TL, Duguid S. 2003. Structure, composition, and variety development of flaxseed. In: *Flaxseed in Human Nutrition*, eds Thompson LU and Cunnane SC, 2nd ed, AOCS Press, Champaign, IL, p 1-40.
8. Carter JF. 1996. Sensory evaluation of flaxseed of different varieties. *Proc. Flax Inst.* 56: 201-203.
9. Dean J. [Personal communication, 2007]. Agricore United, Winnipeg, MB.
10. BeMiller JN, Whistler RL, Barkalow DG. 1993. Aloe, chia, flaxseed, okra, psyllium seed, quince seed, and tamarind gums. In: *Industrial Gums*, eds Whistler RL and BeMiller JN, 3rd ed, Academic Press, New York, p 227-256.
11. Anonymous. 2001. Nutritional profile of no. 1 Canada Western flaxseed and of yellow flaxseed samples. Canadian Grain Commission, Winnipeg, MB.
12. Daun JK, DeClercq DR. 1994. Sixty years of Canadian flaxseed quality surveys at the Grain Research Laboratory. *Proc. Flax Inst.* 55: 192-200.
13. McDonald BE. 1994. Canola oil nutritional properties. Canola Council of Canada, Winnipeg, MB.
14. POS. 1994. Fatty acid analyses. POS Pilot Plant Corporation, Saskatoon, SK.
15. Green AG, Dribnenki JCP. 1994. Linola – A new premium polyunsaturated oil. *Lipid Tech.* 6: 29-33.

16. Vaisey-Genser M, Malcolmsom LJ, Ryland D, et al. 1994. Consumer acceptance of canola oils during temperature-accelerated storage. *Food Qual. Preference* 5: 237-243.
17. Kibiuk DJ. 1996. Storage stability and frying performance of solin and sunflower oils. MSc Thesis, University of Manitoba, Winnipeg, MB.
18. Warner K, Mounts TL. 1993. Frying stability of soybean and canola oils with modified fatty acid compositions. *J. Am. Oil Chem. Soc.* 70: 983-988.
19. Bhatti RS, Cherdkiatgumchai P. 1990. Compositional analysis of laboratory-prepared and commercial samples of linseed meal and of hull isolated from flax. *J. Am. Oil Chem. Soc.* 67: 79-84.
20. Oomah BD, Mazza G. 1993. Flaxseed proteins – A review. *Food Chem.* 48: 109-114.
21. Friedman M, Levin CE. 1989. Composition of jimson weed (*Datura stramonium*) seeds. *J. Agric. Food Chem.* 37: 998-1005.
22. Aubrecht E, Horacek M, Gelencser E, Dworschak E. 1998. Investigation of prolamin content of cereals and different plant seeds. *Acta Alimentaria* 27: 119-125.
23. Branski D, Fasano A, Troncone R. 2006. Latest developments in the pathogenesis and treatment of celiac disease. *J. Pediatr.* 149: 295-300.
24. Institute of Medicine. 2002. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids, National Academies Press, Washington, DC, p 7-1– 7-69 (dietary fiber), 8-1– 8-97 (fat and fatty acids).
25. Jones JR, Lineback DM, Levine MJ. 2006. Dietary Reference Intakes: implications for fiber labeling and consumption: a summary of the International Life Sciences Institute North America Fiber Workshop, June 1-2, 2004, Washington, DC. *Nutr. Rev.* 64: 31-38.
26. Warrand J, Michaud P, Picton L, et al. 2005. Contributions of intermolecular interactions between constitutive arabinoxylans to the flaxseeds mucilage properties. *Biomacromol.* 6: 1871-1876.
27. Safe S, Papineni S. 2006. The role of xenoestrogenic compounds in the development of breast cancer. *Trends Pharma. Sci.* 27: 447-454.
28. Brennan CS. 2005. Dietary fibre, glycaemic response, and diabetes. *Mol. Nutr. Food Res.* 49: 560-570.
29. Cordain L, Eaton SB, Sebastian A, et al. 2005. Origins and evolution of the Western diet: health implications for the 21st century. *Am. J. Clin. Nutr.* 81: 341-354.
30. Lim CC, Ferguson LR, Tannock GW. 2005. Dietary fibres as “prebiotics”: implications for colorectal cancer. *Mol. Nutr. Food Res.* 49: 609-619.
31. Ma Y, Griffith JA, Chasan-Taber L, et al. 2006. Association between dietary fiber and serum C-reactive protein. *Am. J. Clin. Nutr.* 83: 760-766.
32. Nacz M, Shahidi F. 2006. Phenolics in cereals, fruits and vegetables: occurrence, extraction and analysis. *J. Pharma. Biomed. Anal.* 41: 1523-1542.
33. Murphy PA, Hendrich S. 2002. Phytoestrogens in foods. *Adv. Food Nutr. Res.* 44: 195-246.
34. Thomasset SC, Berry DP, Garcea G, et al. 2006. Dietary polyphenolic phytochemicals – promising cancer chemopreventive agents in humans? A review of their clinical properties. *Int. J. Cancer* 120: 451-458.
35. Dashwood RH. 2007. Frontiers in polyphenols and cancer prevention. *J. Nutr.* 137: 267S-269S.
36. Oomah BD, Kenaschuk EO, Mazza G. 1995. Phenolic acids in flaxseed. *J. Agric. Food Chem.* 43: 2016-2019.
37. Oomah BD, Mazza G. 1998. Flaxseed products for disease prevention. In: *Functional Foods: Biochemical & Processing Aspects*, ed Mazza G, Technomic Publishing, Lancaster, PA, p 91-138.
38. Muir AD. 2006. Flax lignans – analytical methods and how they influence our understanding of biological activity. *J. AOAC Int.* 89: 1147-1157.
39. Anonymous. Contractual analyses. 1997. Flax Council of Canada, Winnipeg, MB.
40. Daun JK, Przybylski R. 2000. Environmental effects on the composition of four Canadian flax cultivars. *Proc. Flax Inst.* 58: 80-91.

41. Sen CK, Khanna S, Roy S. 2006. Tocotrienols: vitamin E beyond tocopherols. *Life Sci.* 78: 2088-2098.
42. Morris MC, Evans DA, Tangney CC, et al. 2005. Relation of the tocopherol forms to incident Alzheimer disease and to cognitive change. *Am. J. Clin. Nutr.* 81: 508-514.
43. Institute of Medicine. 2002. Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc, National Academies Press, Washington, DC, p162-196 (vitamin K).
44. Nutrient Data Laboratory, Beltsville Human Nutrition Research Center, Agricultural Research Service. USDA's National Nutrient Database for Standard Reference, Release 19. [Internet]. [cited 2007 May 8]. Available from: <http://www.ars.usda.gov/nutrientdata>
45. Sampath H, Ntambi JM. 2004. Polyunsaturated fatty acid regulation of gene expression. *Nutr. Rev.* 62: 333-339.
46. Horia E, Watkins BA. 2005. Comparison of stearidonic acid and α -linolenic acid on PGE2 production and COX-2 protein levels in MDA-MB-231 breast cancer cell cultures. *J. Nutr. Biochem.* 16: 184-192.
47. Toborek M, Lee YW, Garrido R, et al. 2002. Unsaturated fatty acids selectively induce an inflammatory environment in human endothelial cells. *Am. J. Clin. Nutr.* 75: 119-125.
48. Das UN. Essential fatty acids – a review. 2006. *Curr. Pharma. Biotechnol.* 7: 467-482.
49. Bopp M, Lovelady C, Hunter C, Kinsella T. 2005. Maternal diet and exercise: effects on long-chain polyunsaturated fatty acid concentrations in breast milk. *J. Am. Diet. Assoc.* 105: 1098-1103.
50. Schmeits BL, Cook JA, VanderJagt DJ, et al. 1999. Fatty acid composition of the milk lipids of women in Nepal. *Nutr. Res.* 19: 1339-1348.
51. Silva MHL, Silva TLC, Brandão SCC, et al. 2005. Fatty acid composition of mature breast milk in Brazilian women. *Food Chem.* 93: 297-303.
52. Ratnayake WMN, Chen Z-Y. 1996. *Trans*, n-3, and n-6 fatty acids in Canadian human milk. *Lipids* 31: S279-S282.
53. Yu G, Duchén K, Björkstén B. 1998. Fatty acid composition in colostrum and mature milk from non-atopic and atopic mothers during the first 6 months of lactation. *Acta Paediatr.* 87: 729-736.
54. Burdge GC, Calder PC. 2005. Conversion of α -linolenic acid to longer-chain polyunsaturated fatty acids in human adults. *Reprod. Nutr. Dev.* 45: 581-597.
55. Hussein N, Ah-Sing E, Wilkinson P, et al. 2005. Long-chain conversion of [13 C]linoleic acid and α -linolenic acid in response to marked changes in their dietary intake in men. *J. Lipid Res.* 46: 269-280.
56. Burdge GC. 2006. Metabolism of α -linolenic acid in humans. *Prostaglandins Leukot. Essent. Fatty Acids* 75: 161-168.
57. Burdge GC, Jones AE, Wootton SA. 2002. Eicosapentaenoic and docosapentaenoic acids are the principal products of α -linolenic acid metabolism in young men. *Br. J. Nutr.* 88: 355-363.
58. Burdge GC, Finnegan YE, Minihane AM, et al. 2003. Effect of altered dietary n-3 fatty acid intake upon plasma lipid fatty acid composition, conversion of [13 C] α -linolenic acid to longer-chain fatty acids and partitioning towards β -oxidation in older men. *Br. J. Nutr.* 90: 311-321.
59. Bretillon L, Chardigny JM, S  b  dio JL, et al. 2001. Isomerization increases the postprandial oxidation of linoleic acid but not α -linolenic acid in men. *J. Lipid Res.* 42: 995-997.
60. DeLany JP, Windhauser MM, Champagne CM, Bray GA. 2000. Differential oxidation of individual dietary fatty acids in humans. *Am. J. Clin. Nutr.* 72: 905-911.
61. Burdge GC, Wootton SA. 2002. Conversion of α -linolenic to eicosapentaenoic, docosapentaenoic and docosahexaenoic acids in young women. *Br. J. Nutr.* 88: 411-420.
62. McCloy U, Ryan MA, Pencharz PB, et al. 2004. A comparison of the metabolism of eighteen-carbon 13 C-unsaturated fatty acids in healthy women. *J. Lipid Res.* 45: 474-485.
63. Freemantle E, Vandal M, Tremblay-Mercier J, et al. 2006. Omega-3 fatty acids, energy substrates, and brain function during aging. *Prostaglandins Leukot. Essent. Fatty Acids* 75: 213-220.
64. Qiu X. 2003. Biosynthesis of docosahexaenoic acid (DHA, 22:6-4,7,10,13,16,19): Two distinct pathways. *Prostaglandins Leuko. Essent. Fatty Acids* 68: 181-186.

65. Pawlosky RJ, Hibbeln JR, Novotny JA, Salem Jr N. 2001. Physiological compartmental analysis of α -linolenic acid metabolism in adult humans. *J. Lipid Res.* 42: 1257-1265.
66. Emken EA, Adlof RO, Gulley RM. 1994. Dietary linoleic acid influences desaturation and acylation of deuterium-labeled linoleic and linolenic acids in young adult males. *Biochim. Biophys. Acta* 1213: 277-288.
67. Pawlosky R, Hibbeln J, Lin Y, Salem Jr N. 2003. n-3 Fatty acid metabolism in women (letter). *Br. J. Nutr.* 90: 993-994.
68. Burdge GC. 2003. n-3 Fatty acid metabolism in women – reply (letter). *Br. J. Nutr.* 90: 994-995.
69. Liou YA, King DJ, Zibrik D, Innis SM. 2007. Decreasing linoleic acid with constant α -linolenic acid in dietary fats increases (n-3) eicosapentaenoic acid in plasma phospholipids in healthy men. *J. Nutr.* 137: 945-952.
70. Al MDM, Badart-Smook A, Houwelingen ACv, et al. 1996. Fat intake of women during normal pregnancy: relationship with maternal and neonatal essential fatty acid status. *J. Am. Coll. Nutr.* 15: 49-55.
71. Goyens PLL, Spilker ME, Zock PL, et al. 2006. Conversion of α -linolenic acid in humans is influenced by the absolute amounts of α -linolenic acid and linoleic acid in the diet and not by their ratio. *Am. J. Clin. Nutr.* 84: 44-53.
72. Garg ML, Wierzbicki AA, Thomson ABR, Clandinin MT. 1988. Dietary cholesterol and/or n-3 fatty acid modulate $\Delta 9$ -desaturase activity in rat liver microsomes. *Biochim. Biophys. Acta* 962: 330-336.
73. Leikin AI, Brenner RR. 1987. Cholesterol-induced microsomal changes modulate desaturase activities. *Biochim. Biophys. Acta* 922: 294-303.
74. Berger A, Gershwin ME, German JB. 1992. Effects of various dietary fats on cardioliplin acyl composition during ontogeny of mice. *Lipids* 27: 605-612.
75. Li D, Mann NJ, Sinclair AJ. 1999. Comparison of n-3 polyunsaturated fatty acids from vegetable oils, meat, and fish in raising platelet eicosapentaenoic acid levels in humans. *Lipids* 34: S309.
76. Ackman RG, Cunnane SC. 1992. Long-chain polyunsaturated fatty acids: Sources, biochemistry, and nutritional/clinical applications. *Adv. Appl. Lipid Res.* 1: 161-215.
77. Houwelingen ACv, Hornstra G. 1994. *Trans* fatty acids in early human development. *World Rev. Nutr. Diet.* 75: 175-178.
78. Layne KS, Goh YK, Jumpsen JA, et al. 1996. Normal subjects consuming physiological levels of 18:3(n-3) and 20:5(n-3) from flaxseed or fish oils have characteristic differences in plasma lipid and lipoprotein fatty acid levels. *J. Nutr.* 126: 2130-2140.
79. Cunnane SC, Ganguli S, Menard C, et al. 1993. High α -linolenic acid flaxseed (*Linum usitatissimum*): Some nutritional properties in humans. *Br. J. Nutr.* 69: 443-453.
80. Marangoni F, Colombo C, De Angelis L, et al. 2004. Cigarette smoke negatively and dose-dependently affects the biosynthetic pathway of the n-3 polyunsaturated fatty acid series in human mammary epithelial cells. *Lipids* 39: 633-637.
81. Seeds MC, Bass DA. 1999. Regulation and metabolism of arachidonic acid. *Clin. Rev. Allergy Immunol.* 17: 5-26.
82. Levick SP, Loch DC, Taylor SM, Janicki JS. 2007. Arachidonic acid metabolism as a potential mediator of cardiac fibrosis associated with inflammation. *J. Immunol.* 178: 641-646.
83. Miller SB. 2006. Prostaglandins in health and disease: an overview. *Semin. Arthritis Rheum.* 36: 37-49.
84. Calder PC. 2006. n-3 Polyunsaturated fatty acids, inflammation, and inflammatory diseases. *Am. J. Clin. Nutr.* 83(suppl): 1505S-1519S.
85. Reiss AB, Edelman SD. 2006. Recent insights into the role of prostanoids in atherosclerotic vascular disease. *Curr. Vasc. Pharmacol.* 4: 395-408.
86. Innis SM. 2000. Essential fatty acids in infant nutrition: lessons and limitations from animal studies in relation to studies on infant fatty acid requirements. *Am. J. Clin. Nutr.* 71(suppl): 238S-244S.
87. Holman RT, Johnson SB, Hatch TF. 1982. A case of human linolenic acid deficiency involving neurological abnormalities. *Am. J. Clin. Nutr.* 35: 617-623.

88. Anderson GJ, Connor WE. 1989. On the demonstration of ω -3 essential-fatty-acid deficiency. *Am. J. Clin. Nutr.* 49: 585-587.
89. Bjerve KS, Fischer S, Alme K. 1987. Alpha-linolenic acid deficiency in man: effect of ethyl linolenate on plasma and erythrocyte fatty acid composition and biosynthesis of prostanoids. *Am. J. Clin. Nutr.* 46: 570-576.
90. Bjerve KS, Mostad IL, Thoresen L. 1987. Alpha-linolenic acid deficiency in patients on long-term gastric-tube feeding: estimation of linolenic acid and long-chain unsaturated n-3 fatty acid requirement in man. *Am. J. Clin. Nutr.* 45: 66-77.
91. Bjerve KS, Fischer S, Wammer F, Egeland T. 1989. α -Linolenic acid and long-chain ω -3 fatty acid supplementation in three patients with ω -3 fatty acid deficiency: effect on lymphocyte function, plasma and red cell lipids, and prostanoid formation. *Am. J. Clin. Nutr.* 49: 290-300.
92. Cao J, Schwichtenberg KA, Hanson NQ, Tsai MY. 2006. Incorporation and clearance of omega-3 fatty acids in erythrocyte membranes and plasma phospholipids. *Clin. Chem.* 52: 2265-2272.
93. Nair SSD, Leitch JW, Falconer J, Garg ML. 1997. Prevention of cardiac arrhythmia by dietary (n-3) polyunsaturated fatty acids and their mechanism of action. *J. Nutr.* 127: 383-393.
94. Licastro F, Candore G, Lio D, et al. 2005. Innate immunity and inflammation in ageing: a key for understanding age-related diseases. *Immunity Aging* 2: 8. doi: 10.1186/1742-4933-2-8.
95. Griffin WST. 2006. Inflammation and neurodegenerative diseases. *Am. J. Clin. Nutr.* 83(suppl): 470S-474S.
96. Greenberg AS, Obin MS. 2006. Obesity and the role of adipose tissue in inflammation and metabolism. *Am. J. Clin. Nutr.* 83(suppl): 461S-465S.
97. Healy DA, Wallace FA, Miles EA, et al. 2000. Effect of low-to-moderate amounts of dietary fish oil on neutrophil lipid composition and function. *Lipids* 35: 763-768.
98. Zhao G, Etherton TD, Martin KR, et al. 2004. Dietary α -linolenic acid reduces inflammatory and lipid cardiovascular risk factors in hypercholesterolemic men and women. *J. Nutr.* 134: 2991-2997.
99. Zhao G, Etherton TD, Martin KR, et al. 2007. Dietary α -linolenic acid inhibits proinflammatory cytokine production by peripheral blood mononuclear cells in hypercholesterolemic subjects. *Am. J. Clin. Nutr.* 85: 385-391.
100. Caughey GE, Mantzioris E, Gibson RA, et al. 1996. The effect on human tumor necrosis factor α and interleukin 1β production of diets enriched in n-3 fatty acids from vegetable oil or fish oil. *Am. J. Clin. Nutr.* 63: 116-122.
101. Hall AV, Parbtani A, Clark WF, et al. 1993. Abrogation of MRL/lpr lupus nephritis by dietary flaxseed. *Am. J. Kidney Dis.* 22: 326-332.
102. Myers GL, Rifai N, Tracy RP, et al. 2004. CDC/AHA workshop on markers of inflammation and cardiovascular disease: application to clinical and public health practice – report from the Laboratory Science Discussion Group. *Circulation* 110: e545-e549.
103. Schwab JM, Serhan CN. 2006. Lipoxins and new lipid mediators in the resolution of inflammation. *Curr. Opin. Pharmacol.* 6: 414-420.
104. Serhan CN, Arita M, Hong S, Gotlinger K. 2004. Resolvins, docosatrienes, and neuroprotectins, novel omega-3-derived mediators, and their endogenous aspirin-triggered epimers. *Lipids* 39: 1125-1132.
105. Innis SM. 2003. Perinatal biochemistry and physiology of long-chain polyunsaturated fatty acids. *J. Pediatr.* 143: S1-S8.
106. Arterburn LM, Hall EB, Oken H. 2006. Distribution, interconversion, and dose response of n-3 fatty acids in humans. *Am. J. Clin. Nutr.* 83(suppl): 1467S-1476S.
107. Simopoulos AP. 2006. Evolutionary aspects of diet, the omega-6/omega-3 ratio and genetic variation: nutritional implications for chronic diseases. *Biomed. Pharmacother.* 60: 502-507.
108. Cordain L, Watkins BA, Florant GL, et al. 2002. Fatty acid analysis of wild ruminant tissues: evolutionary implications for reducing diet-related chronic disease. *Eur. J. Clin. Nutr.* 56: 181-191.
109. Cordain L, Eaton SB, Brand Miller J, et al. 2002. The paradoxical nature of hunter-gatherer diets: meat-based, yet non-atherogenic. *Eur. J. Clin. Nutr.* 56(suppl 1): S42-S52.

110. Innis SM, Elias SL. 2003. Intakes of essential n-6 and n-3 polyunsaturated fatty acids among pregnant Canadian women. *Am. J. Clin. Nutr.* 77: 473-478.
111. Denomme J, Stark KD, Holub BJ. 2005. Directly quantitated dietary (n-3) fatty acid intakes of pregnant Canadian women are lower than current dietary recommendations. *J. Nutr.* 135: 206-211.
112. Gebauer SK, Psota TL, Harris WS, Kris-Etherton PM. 2006. n-3 Fatty acid dietary recommendations and food sources to achieve essentiality and cardiovascular benefits. *Am. J. Clin. Nutr.* 83(suppl): 1526S-1535S.
113. Kris-Etherton PM, Harris WS, Appel LJ, for the Nutrition Committee. 2002. AHA Scientific Statement – Fish consumption, fish oil, omega-3 fatty acids, and cardiovascular disease. *Circulation* 106: 2747-2757.
114. Miljanović B, Trivedi KA, Dana MR, et al. 2005. Relation between dietary n-3 and n-6 fatty acids and clinically diagnosed dry eye syndrome in women. *Am. J. Clin. Nutr.* 82: 887-893.
115. Ferrier LK, Caston LJ, Leeson S, et al. 1995. α -Linolenic acid- and docosahexaenoic acid-enriched eggs from hens fed flaxseed: influence on blood lipids and platelet phospholipid fatty acids in humans. *Am. J. Clin. Nutr.* 62: 81-86.
116. Harris WS, Assaad B, Poston WC. 2006. Tissue omega-6/omega-3 fatty acid ratio and risk for coronary artery disease. *Am. J. Cardiol.* 98(suppl): 19i-26i.
117. Hotamisligil GS. 2006. Inflammation and metabolic disorders. *Nature* 444:860-867.
118. Kornman KS. 2006. Interleukin 1 genetics, inflammatory mechanisms, and nutrigenetic opportunities to modulate diseases of aging. *Am. J. Clin. Nutr.* 83(suppl): 475S-483S.
119. Asbell PA. 2006. Increasing importance of dry eye syndrome and the ideal artificial tear: consensus views from a roundtable discussion. *Curr. Med. Res. Opin.* 22: 2149-2157.
120. Weiss LA, Barrett-Connor E, von Mühlen D. 2005. Ratio of n-6 to n-3 fatty acids and bone mineral density in older adults: the Rancho Bernardo Study. *Am. J. Clin. Nutr.* 81: 934-938.
121. Simopoulos AP, Leaf A, Salem Jr N. Workshop on the essentiality of and recommended dietary intakes for omega-6 and omega-3 fatty acids. [report on the Internet]. International Society for the Study of Fatty Acids and Lipids (ISSFAL). 1999. [cited 2007 April 12]. Available from: www.issfal.org.uk/adequate-intakes.html
122. Hibbeln JR, Nieminen LRG, Blasbalg TL, et al. 2006. Healthy intakes of n-3 and n-6 fatty acids: estimations considering worldwide diversity. *Am. J. Clin. Nutr.* 83(suppl): 1483S-1493S.
123. Lichtenstein AH, Appel LJ, Brands M, et al. 2006. AHA Scientific Statement – Diet and lifestyle recommendations revision 2006. *Circulation* 114: 82-96.
124. Carver JD. 2003. Advances in nutritional modifications of infant formulas. *Am. J. Clin. Nutr.* 77: 1550S-1554S.
125. Raiten DJ, Talbot JM, Waters JH. 1998. Life Sciences Research Office report – Executive summary for the report: assessment of nutrient requirements for infant formulas. *J. Nutr.* 128(suppl): 2059S-2294S. [Internet]. [cited 2007 May 8]. Available from: www.asns.org/EXSUM.html
126. Heird WC. 2007. Progress in promoting breast-feeding, combating malnutrition, and composition and use of infant formula, 1981-2006. *J. Nutr.* 137: 499S-502S.
127. Health Canada. 2003. Novel food information – DHASCO® and ARASCO® as sources of docosahexaenoic acid and arachidonic acid in infant formulas. [Internet]. [cited 2007 April 12]. Available from: http://www.hc-sc.gc.ca/fn-an/gmf-agm/appro/dhasco_arasco_e.html
128. Schanler RJ. 2007. Evaluation of the evidence to support current recommendations to meet the needs of premature infants: the role of human milk. *Am. J. Clin. Nutr.* 85(suppl): 625S-628S.
129. Klein CJ. 2002. Nutrient requirements for preterm infant formulas. *J. Nutr.* 132: 1395S-1577S.
130. McCann JC, Ames BN. 2005. Is docosahexaenoic acid, an n-3 long-chain polyunsaturated fatty acid, required for development of normal brain function? An overview of evidence from cognitive and behavioral tests in humans and animals. *Am. J. Clin. Nutr.* 82: 281-295.
131. Innis SM. 2007. Dietary (n-3) fatty acids and brain development. *J. Nutr.* 137: 855-859.

132. Langdon JH. 2006. Has an aquatic diet been necessary for hominin brain evolution and functional development? *Br. J. Nutr.* 96: 7-17.
133. Sinclair AJ, Attar-Bashi NM, Li D. 2002. What is the role of α -linolenic acid for mammals? *Lipids* 37: 1113-1123.
134. Cunnane SC. 2003. Dietary sources and metabolism of α -linolenic acid. In: *Flaxseed in Human Nutrition*, eds Thompson LU and Cunnane SC, 2nd ed, AOCS Press, Champaign, IL, p 63-91.
135. Kris-Etherton PM, Taylor DS, Yu-Poth S, et al. 2000. Polyunsaturated fatty acids in the food chain in the United States. *Am. J. Clin. Nutr.* 71: 179S-188S.
136. Martek Biosciences Corporation. life'sDHA™: commercial applications. [Internet]. [cited 2007 April 12]. Available from: <http://commercial.martek.com/infantformula>
137. Schatzman D. 2001. The omega-3 resurgence. *Nutr. Outlook* April: 37-42.
138. Scheideler SE, Froning GW. 1996. The combined influence of dietary flaxseed variety, level, form, and storage conditions on egg production and composition among vitamin E-supplemented hens. *Poult. Sci.* 75: 1221-1226.
139. Martin JHJ, Crotty S, Warren P, Nelson PN. 2007. Does an apple a day keep the doctor away because a phytoestrogen a day keeps the virus at bay? A review of the anti-viral properties of phytoestrogens. *Phytochemistry* 68: 266-274.
140. Raffaelli B, Hoikkala A, Leppälä E, Wähälä K. 2002. Enterolignans. *J. Chromatogr. B* 777: 29-43.
141. Benassayag C, Perrot-Appianat M, Ferre F. 2002. Phytoestrogens as modulators of steroid action in target cells. *J. Chromatogr. B* 777: 233-248.
142. Usui T. 2006. Pharmaceutical prospects of phytoestrogens. *Endocr. J.* 53: 7-20.
143. Smeds AI, Eklund PC, Sjöholm RE, et al. 2007. Quantification of a broad spectrum of lignans in cereals, oilseeds, and nuts. *J. Agric. Food Chem.* 55: 1337-1346.
144. Thompson LU, Boucher BA, Liu Z, et al. 2006. Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestrol. *Nutr. Cancer* 54: 184-201.
145. Thompson LU. 2003. Analysis and bioavailability of lignans. In: *Flaxseed in Human Nutrition*, eds Thompson LU and Cunnane SC, 2nd ed, AOCS Press, Champaign, IL, p 92-116.
146. Clavel T, Borrmann D, Braune A, et al. 2006. Occurrence and activity of human intestinal bacteria involved in the conversion of dietary lignans. *Anaerobe* 12: 140-147.
147. Lampe JW. 2006. Assessing exposure to lignans and their metabolites in humans. *J. AOAC Int.* 89: 1174-1181.
148. Jansen GHE, Arts ICW, Nielen MWF, et al. 2005. Uptake and metabolism of enterolactone and enterodiol by human colon epithelial cells. *Arch. Biochem. Biophys.* 435: 74-82.
149. Axelson M, Sjövall J, Gustafsson BE, Setchell KDR. 1982. Origin of lignans in mammals and identification of a precursor from plants. *Nature* 298: 659-660.
150. Kuijsten A, Arts ICW, Vree TB, Hollman PCH. 2005. Pharmacokinetics of enterolignans in healthy men and women consuming a single dose of secoisolariciresinol diglucoside. *J. Nutr.* 135: 795-801.
151. Nesbitt PD, Lam Y, Thompson LU. 1999. Human metabolism of mammalian lignan precursors in raw and processed flaxseed. *Am. J. Clin. Nutr.* 69: 549-555.
152. Morton MS, Wilcox G, Wahlqvist ML, Griffiths K. 1994. Determination of lignans and isoflavonoids in human female plasma following dietary supplementation. *J. Endocrinol.* 142: 251-259.
153. Tarpila S, Aro A, Salminen I, et al. 2002. The effect of flaxseed supplementation in processed foods on serum fatty acids and enterolactone. *Eur. J. Clin. Nutr.* 56: 157-165.
154. Knust U, Spiegelhalter B, Strowitzki T, Owen RW. 2006. Contribution of linseed intake to urine and serum enterolignan levels in German females: a randomized controlled intervention trial. *Food Chem. Toxicol.* 44: 1057-1064.
155. Kurzer MS, Lampe JW, Martini MC, Adlercruetz H. 1995. Fecal lignan and isoflavonoid excretion in premenopausal women consuming flaxseed powder. *Cancer Epidemiol. Biomarkers Prev.* 4: 353-358.

156. Brooks JD, Ward WE, Lewis JE, et al. 2004. Supplementation with flaxseed alters estrogen metabolism in postmenopausal women to a greater extent than does supplementation with an equal amount of soy. *Am. J. Clin. Nutr.* 79: 318-325.
157. Frische EJ, Hutchins AM, Martini MC, et al. 2003. Effect of flaxseed and wheat bran on serum hormones and lignan excretion in premenopausal women. *J. Am. Coll. Nutr.* 22: 550-554.
158. Lewis JE, Nickell LA, Thompson LU, et al. 2006. A randomized controlled trial of the effect of dietary soy and flaxseed muffins on quality of life and hot flashes during menopause. *Menopause* 13: 631-642.
159. Lampe JW, Martini MC, Kurzer MS, et al. 1994. Urinary lignan and isoflavonoid excretion in premenopausal women consuming flaxseed powder. *Am. J. Clin. Nutr.* 60: 122-128.
160. Hallund J, Ravn-Haren G, Bügel S, et al. 2006. A lignan complex isolated from flaxseed does not affect plasma lipid concentrations or antioxidant capacity in healthy postmenopausal women. *J. Nutr.* 136: 112-116.
161. Kuijsten A, Arts ICW, van't Veer P, Hollman PCH. 2005. The relative bioavailability of enterolignans in humans is enhanced by milling and crushing of flaxseed. *J. Nutr.* 135: 2812-2816.
162. Westcott ND, Muir AD. Flax lignan update. *Saskatchewan Flax Grower*; 2003. 4: 6.
163. Hutchins AM, Slavin JL. 2003. Effects of flaxseed on sex hormone metabolism. In: *Flaxseed in Human Nutrition*, eds Thompson LU and Cunnane SC, 2nd ed, AOCS Press, Champaign, IL, p 126-149.
164. Franco OH, Burger H, Lebrun CEI, et al. 2005. Higher dietary intake of lignans is associated with better cognitive performance in postmenopausal women. *J. Nutr.* 135: 1190-1195.
165. Atkinson C, Lampe JW, Scholes D, et al. 2006. Lignan and isoflavone excretion in relation to uterine fibroids: a case-control study of young to middle-aged women in the United States. *Am. J. Clin. Nutr.* 84: 587-593.
166. Touillaud MS, Thiebaut ACM, Fournier A, et al. 2007. Dietary lignan intake and postmenopausal breast cancer risk by estrogen and progesterone receptor status. *J. Natl. Cancer Inst.* 99: 475-486.
167. Vanharanta M, Voutilainen S, Lakka TA, et al. 1999. Risk of acute coronary events according to serum concentrations of enterolactone: a prospective population-based case-control study. *Lancet* 354: 2112-2115.
168. Hedelin M, Klint Å, Chang ET, et al. 2006. Dietary phytoestrogen, serum enterolactone and risk of prostate cancer: the Cancer Prostate Sweden Study (Sweden). *Cancer Causes Control* 17: 169-180.
169. Prasad K. 1997. Hydroxyl radical-scavenging property of secoisolariciresinol diglucoside (SDG) isolated from flax-seed. *Mol. Cell. Biochem.* 168: 117-123.
170. Praticò D. 2001. In vivo measurement of the redox state. *Lipids* 36: S45-S47.
171. Rajesha J, Murthy KNC, Kumar MK, et al. 2006. Antioxidant potentials of flaxseed by in vivo model. *J. Agric. Food Chem.* 54: 3794-3799.
172. Kitts DD, Yuan YV, Wijewickreme AN, Thompson LU. 1999. Antioxidant activity of the flaxseed lignan secoisolariciresinol diglucoside and its mammalian lignan metabolites enterodiol and enterolactone. *Mol. Cell. Biochem.* 202: 91-100.
173. Bhatena SJ, Velasquez MT. 2002. Beneficial role of dietary phytoestrogens in obesity and diabetes. *Am. J. Clin. Nutr.* 76: 1191-1201.
174. Jacobs MN, Nolan GT, Hood SR. 2005. Lignans, bacteriocides and organochlorine compounds activate the human pregnane X receptor (PXR). *Toxicol. Appl. Pharmacol.* 209: 123-133.
175. Adlercreutz H. 1995. Phytoestrogens: epidemiology and a possible role in cancer protection. *Environ. Health Perspect.* 103(suppl 7): 103-112.
176. Ding EL, Song Y, Malik VS, Liu S. 2006. Sex differences of endogenous sex hormones and risk of type 2 diabetes: a systematic review and meta-analysis. *JAMA* 295: 1288-1299.
177. Adlercreutz H, Hämäläinen E, Gorbach SL, et al. 1989. Diet and plasma androgens in postmenopausal vegetarian and omnivorous women and postmenopausal women with breast cancer. *Am. J. Clin. Nutr.* 49: 433-442.

178. Wang L-Q. 2002. Mammalian phytoestrogens: enterodiol and enterolactone. *J. Chromatogr. B* 777: 289-309.
179. Brooks JD, Thompson LU. 2005. Mammalian lignans and genistein decrease the activities of aromatase and 17 β -hydroxysteroid dehydrogenase in MCF-7 cells. *J. Steroid Biochem. Mol. Biol.* 94: 461-467.
180. Adlercreutz H, Höckerstedt K, Bannwart C, et al. 1987. Effect of dietary components, including lignans and phytoestrogens, on enterohepatic circulation and liver metabolism of estrogens and on sex hormone binding globulin (SHBG). *J. Steroid Biochem.* 27: 1135-1144.
181. Phipps WR, Martini MC, Lampe JW, et al. 1993. Effect of flax seed ingestion on the menstrual cycle. *J. Clin. Endocrinol. Metab.* 77: 1215-1219.
182. Wilcox G, Wahlqvist ML, Burger HG, Medley G. 1990. Oestrogenic effects of plant foods in post-menopausal women. *Br. Med. J.* 301: 905-906.
183. Arjmandi BH, Khan DA, Juma S, et al. 1998. Whole flaxseed consumption lowers serum LDL-cholesterol and lipoprotein(a) concentrations in postmenopausal women. *Nutr. Res.* 18: 1203-1214.
184. Lemay A, Dodin S, Kadri N, et al. 2002. Flaxseed dietary supplement versus hormone replacement therapy in hypercholesterolemic menopausal women. *Obstet. Gynecol.* 100: 495-504.
185. Lucas EA, Wild RD, Hammond LJ, et al. 2002. Flaxseed improves lipid profile without altering biomarkers of bone metabolism in postmenopausal women. *J. Clin. Endocrinol. Metab.* 87: 1527-1532.
186. Shultz TD, Bonorden WR, Seaman WR. 1991. Effect of short-term flaxseed consumption on lignan and sex hormone metabolism in men. *Nutr. Res.* 11: 1089-1100.
187. Rosamond W, for the Writing Group Members. 2007. Heart disease and stroke statistics – 2007 update. A report from the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. *Circulation* 115: e69-e171. [Internet]. [cited 2007 April 19]. Available from: <http://circ.ahajournals.org/content/vol115/issue5/>.
188. Heart and Stroke Foundation of Canada. 2003. The growing burden of heart disease and stroke in Canada 2003. [Internet]. [cited 2007 April 19]. Available from: <http://ww2.heartandstroke.ca>
189. Ross R. 1999. Atherosclerosis – an inflammatory disease. *N. Engl. J. Med.* 340: 115-126.
190. Corti R, Fuster V, Badimon JJ. 2003. Pathogenic concepts of acute coronary syndromes. *J. Am. Coll. Cardiol.* 41: 7S-14S.
191. Barac A, Campia U, Panza JA. 2007. Methods for evaluating endothelial function in humans. *Hypertension* 49: 748-760.
192. Praticò D. 2005. Antioxidants and endothelium protection. *Atherosclerosis* 181: 215-224.
193. Talmud PJ. 2007. Gene–environment interaction and its impact on coronary heart disease risk. *Nutr. Metab. Cardiovasc. Dis.* 17: 148-152.
194. Tedgui A. 2005. The role of inflammation in atherothrombosis: implications for clinical practice. *Vasc. Med.* 10: 45-53.
195. Libby P. 2006. Inflammation and cardiovascular disease mechanisms. *Am. J. Clin. Nutr.* 83(suppl): 456S-460S.
196. Kuller LH. 2006. Nutrition, lipids, and cardiovascular disease. *Nutr. Rev.* 64: S15-S26.
197. Bhatena SJ, Ali AA, Mohamed AI, et al. 2002. Differential effects of dietary flaxseed protein and soy protein on plasma triglyceride and uric acid levels in animal models. *J. Nutr. Biochem.* 13: 684-689.
198. Bhatena SJ, Ali AA, Haudenschild C, et al. 2003. Dietary flaxseed meal is more protective than soy protein concentrate against hypertriglyceridemia and steatosis of the liver in an animal model of obesity. *J. Am. Coll. Nutr.* 22: 157-164.
199. Lucas EA, Lightfoot SA, Hammond LJ, et al. 2004. Flaxseed reduces plasma cholesterol and atherosclerotic lesion formation in ovariectomized Golden Syrian hamsters. *Atherosclerosis* 173: 223-229.
200. Prasad K. 1997. Dietary flax seed in prevention of hypercholesterolemic atherosclerosis. *Atherosclerosis* 132: 69-76.

201. Prasad K, Mantha SV, Muir AD, Westcott ND. 1998. Reduction of hypercholesterolemic atherosclerosis by CDC-flaxseed with very low alpha-linolenic acid. *Atherosclerosis* 136: 367-375.
202. Prasad K. 1999. Reduction of serum cholesterol and hypercholesterolemic atherosclerosis in rabbits by secoisolaricresinol diglucoside isolated from flaxseed. *Circulation* 99: 1355-1362.
203. Prasad K. 2005. Hypocholesterolemic and antiatherosclerotic effect of flax lignan complex isolated from flaxseed. *Atherosclerosis* 179: 269-275.
204. Cunnane SC, Hamadeh MJ, Liede AC, et al. 1995. Nutritional attributes of traditional flaxseed in healthy young adults. *Am. J. Clin. Nutr.* 61: 62-68.
205. Bierenbaum ML, Reichstein R, Watkins TR. 1993. Reducing atherogenic risk in hyperlipemic humans with flax seed supplementation: a preliminary report. *J. Am. Coll. Nutr.* 12: 501-504.
206. Clark WF, Parbtani A, Huff MW, et al. 1995. Flaxseed: a potential treatment for lupus nephritis. *Kidney Int.* 48: 475-480.
207. Demark-Wahnefried W, Price DT, Polascik TJ, et al. 2001. Pilot study of dietary fat restriction and flaxseed supplementation in men with prostate cancer before surgery: exploring the effects on hormonal levels, prostate-specific antigen, and histopathologic features. *Urology* 58: 47-52.
208. Dodin S, Lemay A, Jacques H, et al. 2005. The effects of flaxseed dietary supplement on lipid profile, bone mineral density, and symptoms in menopausal women: a randomized, double-blind, wheat germ placebo-controlled clinical trial. *J. Clin. Endocrinol. Metab.* 90: 1390-1397.
209. Clark WF, Kortas C, Heidenheim AP, et al. 2001. Flaxseed in lupus nephritis: a two-year nonplacebo-controlled crossover study. *J. Am. Coll. Nutr.* 20: 143-148.
210. Jenkins DJA, Kendall CWC, Vidgen E, et al. 1999. Health aspects of partially defatted flaxseed, including effects on serum lipids, oxidative measures, and ex vivo androgen and progestin activity: a controlled crossover trial. *Am. J. Clin. Nutr.* 69: 395-402.
211. Marcovina S, Packard CJ. 2006. Measurement and meaning of apolipoprotein AI and apolipoprotein B plasma levels. *J. Intern. Med.* 259 : 437-446.
212. Chan JK, Bruce VM, McDonald BE. 1991. Dietary α -linolenic acid is as effective as oleic acid and linoleic acid in lowering blood cholesterol in normolipidemic men. *Am. J. Clin. Nutr.* 53: 1230-1234.
213. Sanders TAB, Roshanai F. 1983. The influence of different types of ω 3 polyunsaturated fatty acids on blood lipids and platelet function in healthy volunteers. *Clin. Sci.* 64: 91-99.
214. Mantzioris E, James MJ, Gibson RA, Cleland LG. 1994. Dietary substitution with an α -linolenic acid-rich vegetable oil increases eicosapentaenoic acid concentrations in tissues. *Am. J. Clin. Nutr.* 59: 1304-1309.
215. Kestin M, Clifton P, Belling GB, Nestel PJ. 1990. n-3 Fatty acids of marine origin lower systolic blood pressure and triglycerides but raise LDL cholesterol compared with n-3 and n-6 fatty acids from plants. *Am. J. Clin. Nutr.* 51: 1028-1034.
216. Nestel PJ, Pomeroy SE, Sasahara T, et al. 1997. Arterial compliance in obese subjects is improved with dietary plant n-3 fatty acid from flaxseed oil despite increased LDL oxidizability. *Arterioscler. Thromb. Vasc. Biol.* 17: 1163-1170.
217. Clandinin MT, Foxwell A, Goh YK, et al. 1997. Omega-3 fatty acid intake results in a relationship between the fatty acid composition of LDL cholesterol ester and LDL cholesterol content in humans. *Biochim. Biophys. Acta* 1346: 247-252.
218. Goh YK, Jumpson JA, Ryan EA, Clandinin MT. 1997. Effect of ω 3 fatty acid on plasma lipids, cholesterol and lipoprotein fatty acid content in NIDDM patients. *Diabetologia* 40: 45-52.
219. Paschos GK, Yiannakouris N, Rallidis LS, et al. 2005. Apolipoprotein E genotype in dyslipidemic patients and response of blood lipids and inflammatory markers to alpha-linolenic acid. *Angiology* 56: 49-60.
220. Rallidis LS, Paschos G, Papaioannou ML, et al. 2004. The effect of diet enriched with α -linolenic acid on soluble cellular adhesion molecules in dyslipidaemic patients. *Atherosclerosis* 174: 127-132.
221. Schwab US, Callaway JC, Erkkilä AT, et al. 2006. Effects of hempseed and flaxseed oils on the profile of serum lipids, serum total and lipoprotein lipid concentrations and haemostatic factors. *Eur. J. Nutr.* 45: 470-477.

222. Singer P, Berger I, Wirth M, et al. 1986. Slow desaturation and elongation of linoleic and α -linolenic acids as a rationale of eicosapentaenoic acid-rich diet to lower blood pressure and serum lipids in normal, hypertensive and hyperlipemic subjects. *Prostaglandins Leuko. Med.* 24: 173-193.
223. Singer P, Wirth M, Berger I. 1990. A possible contribution of decrease in free fatty acids to low serum triglyceride levels after diets supplemented with n-6 and n-3 polyunsaturated fatty acids. *Atherosclerosis* 83: 167-175.
224. Wilkinson P, Leach C, Ah-Sing EE, et al. 2005. Influence of α -linolenic acid and fish-oil on markers of cardiovascular risk in subjects with an atherogenic lipoprotein phenotype. *Atherosclerosis* 181: 115-124.
225. Garg ML, Wierzbicki AA, Thomson ABR, Clandinin MT. 1989. Dietary saturated fat level alters the competition between α -linolenic and linoleic acid. *Lipids* 24: 334-339.
226. Kim H-K, Choi H. 2005. Stimulation of acyl-CoA oxidase by α -linolenic acid-rich perilla oil lowers plasma triacylglycerol level in rats. *Life Sci.* 77: 1293-1306.
227. Vijaimohan K, Jainu M, Sabitha KE, et al. 2006. Beneficial effects of alpha linolenic acid rich flaxseed oil on growth performance and hepatic cholesterol metabolism in high fat diet fed rats. *Life Sci.* 79: 448-454.
228. Morise A, Sérougne C, Grippois D, et al. 2004. Effects of dietary alpha linolenic acid on cholesterol metabolism in male and female hamsters of the LPN strain. *J. Nutr. Biochem.* 15: 51-61.
229. Morise A, Mourou J, Riottot M, et al. 2005. Dose effect of alpha-linolenic acid on lipid metabolism in the hamster. *Reprod. Nutr. Dev.* 45: 405-418.
230. Yang L, Leung KY, Cao Y, et al. 2005. α -Linolenic acid but not conjugated linolenic acid is hypocholesterolaemic in hamsters. *Br. J. Nutr.* 93: 433-438.
231. Huang YS, Horrobin DF. 1987. Effect of dietary cholesterol and polyunsaturated fats on plasma and liver lipids in guinea pigs. *Ann. Nutr. Metab.* 31: 18-28.
232. Singh RB, Dubnov G, Niaz MA, et al. 2002. Effect of an Indo-Mediterranean diet on progression of coronary artery disease in high risk patients (Indo-Mediterranean Diet Heart Study): a randomised single-blind trial. *Lancet* 360: 1455-1461.
233. Li D, Sinclair A, Wilson A, et al. 1999. Effect of dietary α -linolenic acid on thrombotic risk factors in vegetarian men. *Am. J. Clin. Nutr.* 69: 872-882.
234. Ghafoorunnisa, Vani A, Laxmi R, Sesikeran B. 2002. Effects of dietary α -linolenic acid from blended oils on biochemical indices of coronary heart disease in Indians. *Lipids* 37: 1077-1086.
235. Appel LJ, Brands MW, Daniels SR, et al. 2006. Dietary approaches to prevent and treat hypertension – a scientific statement from the American Heart Association. *Hypertension* 47: 296-308.
236. Paschos GK, Magkos F, Panagiotakos DB, et al. 2007. Dietary supplementation with flaxseed oil lowers blood pressure in dyslipidaemic patients. *Eur. J. Clin. Nutr.* (advance online publication) 31 January; doi: 10.1038/sj.ejcn.1602631.
237. Spence JD, Thornton T, Muir AD, Westcott ND. 2003. The effect of flax seed cultivars with differing content of α -linolenic acid and lignans on responses to mental stress. *J. Am. Coll. Nutr.* 22: 494-501.
238. Cameron JD, Dart AM. 1994. Exercise training increases total systemic arterial compliance in humans. *Am. J. Physiol.* 266 (Heart Circ. Physiol. 35): H693-H701.
239. West SG, Hecker KD, Mustad VA, et al. 2005. Acute effects of monounsaturated fatty acids with and without omega-3 fatty acids on vascular reactivity in individuals with type 2 diabetes. *Diabetologia* 48:113-122.
240. West SG. 2001. Effect of diet on vascular reactivity: an emerging marker for vascular risk. *Curr. Atheroscler. Rep.* 3: 446-455.
241. Goodfellow J, Bellamy MF, Ramsey MW, et al. 2000. Dietary supplementation with marine omega-3 fatty acids improve systemic large artery endothelial function in subjects with hypercholesterolemia. *J. Am. Coll. Cardiol.* 35: 265-270.
242. Leeson CPM, Mann A, Kattenhorn M, et al. 2002. Relationship between circulating n-3 fatty acid concentrations and endothelial function in early adulthood. *Eur. Heart J.* 23: 216-222.

243. Ros E, Núñez I, Pérez-Heras A, et al. 2004. A walnut diet improves endothelial function in hypercholesterolemic subjects: a randomized crossover trial. *Circulation* 109: 1609-1614.
244. Hallund J, Tetens I, Bügel S, et al. 2006. Daily consumption for six weeks of a lignan complex isolated from flaxseed does not affect endothelial function in healthy postmenopausal women. *J. Nutr.* 136: 2314-2318.
245. Hwang SJ, Ballantyne CM, Sharrett AR, et al. 1997. Circulating adhesion molecules VCAM-1, ICAM-1, and E-selectin in carotid atherosclerosis and incident coronary heart disease cases: the Atherosclerosis Risk in Communities (ARIC) study. *Circulation* 96: 4219-4225.
246. Desseigne PH, Joffe BI, Singh S. 2005. Biomarkers of endothelial dysfunction, cardiovascular risk factors and atherosclerosis in rheumatoid arthritis. *Arthritis Res. Ther.* 7: R634-R643 (DOI 10.1186/ar1717).
247. Güray Ü, Erbay AR, Güray Y, et al. 2004. Levels of soluble adhesion molecules in various clinical presentations of coronary atherosclerosis. *Int. J. Cardiol.* 96: 235-240.
248. Esper RJ, Nordaby RA, Vilariño JO, et al. 2006. Endothelial dysfunction: a comprehensive appraisal. *Cardiovasc. Diabetol.* 5: 4 (DOI 10.1186/1475-2840-5-4).
249. Finnegan YE, Minihane AM, Leigh-Firbank EC, et al. 2003. Plant- and marine-derived n-3 polyunsaturated fatty acids have differential effects on fasting and postprandial blood lipid concentrations and on the susceptibility of LDL to oxidative modification in moderately hyperlipidemic subjects. *Am. J. Clin. Nutr.* 77: 783-795.
250. Kinniry P, Amrani Y, Vachani A, et al. 2006. Dietary flaxseed supplementation ameliorates inflammation and oxidative tissue damage in experimental models of acute lung injury in mice. *J. Nutr.* 136: 1545-1551.
251. Hoffman M, Monroe DM. 2007. Coagulation 2006: a modern view of hemostasis. *Hematol. Oncol. Clin. N. Am.* 21: 1-11.
252. Darvall KAL, Sam RC, Silverman SH, et al. 2007. Obesity and thrombosis. *Eur. J. Vasc. Endovasc. Surg.* 33: 223-233.
253. Zarbock A, Polanowska-Grabowska RK, Ley K. 2007. Platelet-neutrophil-interactions: linking hemostasis and inflammation. *Blood Rev.* 21: 99-111.
254. Meade TW, Ruddock V, Stirling Y, et al. 1993. Fibrinolytic activity, clotting factors, and long-term incidence of ischaemic heart disease in the Northwick Park Heart Study. *Lancet* 342: 1076-1079.
255. Junker R, Heinrich J, Schulte H, et al. 1997. Coagulation factor VII and the risk of coronary heart disease in healthy men. *Arterioscler. Thromb. Vasc. Biol.* 17: 1539-1544.
256. Allman-Farinelli MA, Hall D, Kingham K, et al. 1999. Comparison of the effects of two low fat diets with different α -linolenic:linoleic acid ratios on coagulation and fibrinolysis. *Atherosclerosis* 142: 159-168.
257. Freese R, Mutanen M. 1997. α -Linolenic acid and marine long-chain n-3 fatty acids differ only slightly in their effects on hemostatic factors in healthy subjects. *Am. J. Clin. Nutr.* 66: 591-598.
258. Kelley DS, Nelson GJ, Love JE, et al. 1993. Dietary α -linolenic acid alters tissue fatty acid composition but not blood lipids, lipoproteins or coagulation status in humans. *Lipids* 28: 533-537.
259. Kiechl S, Muigg A, Santer P, et al. 1999. Poor response to activated protein C as a prominent risk predictor of advanced atherosclerosis and arterial disease. *Circulation* 99: 614-619.
260. Matsuyama W, Mitsuyama H, Watanabe M, et al. 2005. Effects of omega-3 polyunsaturated fatty acids on inflammatory markers in COPD. *Chest* 128: 3817-3827.
261. Getz GS. 2005. Immune function in atherogenesis. *J. Lipid Res.* 46: 1-10.
262. Wilson AM, Ryan MC, Boyle AJ. 2006. The novel role of C-reactive protein in cardiovascular disease: risk marker or pathogen. *Int. J. Cardiol.* 106: 291-297.
263. Ferrucci L, Cherubini A, Bandinelli S, et al. 2006. Relationship of plasma polyunsaturated fatty acids to circulating inflammatory markers. *J. Clin. Endocrinol. Metab.* 91: 439-446.
264. Vaisey-Genser M, Morris DH. 2003. Introduction – history of the cultivation and uses of flaxseed. In: *Flax – The Genus Linum*, eds Muir AD and Westcott ND, Routledge, New York, NY, p 1-21.

265. Lemaitre RN, King IB, Mozaffarian D, et al. 2003. n-3 Polyunsaturated fatty acids, fatal ischemic heart disease, and nonfatal myocardial infarction in older adults: The Cardiovascular Health Study. *Am. J. Clin. Nutr.* 77: 319-325.
266. Baylin A, Kabagambe EK, Ascherio A, et al. 2003. Adipose tissue α -linolenic acid and nonfatal acute myocardial infarction in Costa Rica. *Circulation* 107: 1586-1591.
267. Baylin A, Ruiz-Narvaez E, Kraft P, Campos H. 2007. α -Linolenic acid, Δ^4 -desaturase gene polymorphism, and the risk of nonfatal myocardial infarction. *Am. J. Clin. Nutr.* 85: 554-560.
268. Guallar E, Aro A, Jiménez FJ, et al. 1999. Omega-3 fatty acids in adipose tissue and risk of myocardial infarction: the EURAMIC study. *Arterioscler. Thromb. Vasc. Biol.* 19: 1111-1118.
269. Rastogi T, Reddy KS, Vaz M, et al. 2004. Diet and risk of ischemic heart disease in India. *Am. J. Clin. Nutr.* 79: 582-592.
270. Manav, Su J, Hughes K, et al. 2004. ω -3 Fatty acids and selenium as coronary heart disease risk modifying factors in Asian Indian and Chinese males. *Nutr.* 20: 967-973.
271. Pietinen P, Ascherio A, Korhonen P, et al. 1997. Intake of fatty acids and risk of coronary heart disease in a cohort of Finnish men: the Alpha-Tocopherol, Beta-Carotene Cancer Prevention Study. *Am. J. Epidemiol.* 145: 876-887.
272. de Lorgeril M, Renaud S, Mamelle N, et al. 1994. Mediterranean alpha-linolenic acid-rich diet in secondary prevention of coronary heart disease. *Lancet* 343: 1454-1459.
273. de Lorgeril M, Salen P, Martin J-L, et al. 1999. Mediterranean diet, traditional risk factors, and the rate of cardiovascular complications after myocardial infarction: Final report of the Lyon Diet Heart Study. *Circulation* 99: 779-785.
274. Dolecek TA. 1992. Epidemiological evidence of relationships between dietary polyunsaturated fatty acids and mortality in the Multiple Risk Factor Intervention Trial. *Proc. Soc. Exp. Biol. Med.* 200: 177-182.
275. Djoussé L, Pankow JS, Eckfeldt JH, et al. 2001. Relation between dietary linolenic acid and coronary artery disease in the National Heart, Lung, and Blood Institute Family Heart Study. *Am. J. Clin. Nutr.* 74: 612-619.
276. Djoussé L, Hunt SC, Arnett DK, et al. 2003. Dietary linolenic acid is inversely associated with plasma triacylglycerol: the National Heart, Lung, and Blood Institute Family Heart Study. *Am. J. Clin. Nutr.* 78: 1098-1102.
277. Djoussé L, Folsom AR, Province MA, et al. 2003. Dietary linolenic acid and carotid atherosclerosis: the National Heart, Lung, and Blood Institute Family Heart Study. *Am. J. Clin. Nutr.* 77: 819-825.
278. Djoussé L, Arnett DK, Carr J, et al. 2005. Dietary linolenic acid is inversely associated with calcified atherosclerotic plaque in the coronary arteries: the National Heart, Lung, and Blood Institute Family Heart Study. *Circulation* 111: 2921-2926.
279. Ascherio A, Rimm EB, Giovannucci EL, et al. 1996. Dietary fat and risk of coronary heart disease in men: Cohort follow up study in the United States. *Br. Med. J.* 313: 84-90.
280. Mozaffarian D, Ascherio A, Hu FB, et al. 2005. Interplay between different polyunsaturated fatty acids and risk of coronary heart disease in men. *Circulation* 111: 157-164.
281. Hu FB, Stampfer MJ, Manson JE, et al. 1999. Dietary intake of α -linolenic acid and risk of fatal ischemic heart disease among women. *Am. J. Clin. Nutr.* 69: 890-897.
282. Albert CM, Oh K, Whang W, et al. 2005. Dietary α -linolenic acid intake and risk of sudden cardiac death and coronary heart disease. *Circulation* 112: 3232-3238.
283. Bemelmans WJE, Broer J, Feskens EJM, et al. 2002. Effect of an increased intake of α -linolenic acid and group nutritional education on cardiovascular risk factors: the Mediterranean Alpha-linolenic Enriched Groningen Dietary Intervention (MARGARIN) study. *Am. J. Clin. Nutr.* 75: 221-227.
284. Bemelmans WJE, Lefrandt JD, Feskens EJM, et al. 2004. Increased α -linolenic acid intake lowers C-reactive protein, but has no effect on markers of atherosclerosis. *Eur. J. Clin. Nutr.* 58: 1083-1089.
285. Oomen CM, Ocké MC, Feskens EJM, et al. 2001. α -Linolenic acid intake is not beneficially associated with 10-y risk of coronary artery disease incidence: The Zutphen Elderly Study. *Am. J. Clin. Nutr.* 74: 457-463.

286. Djoussé L. 2002. Reply to SC Renaud and D Lanzmann-Petithory (letter). *Am. J. Clin. Nutr.* 76: 905-906.
287. Leng GC, Taylor GS, Lee AJ, et al. 1999. Essential fatty acids and cardiovascular disease: the Edinburgh Artery Study. *Vasc. Med.* 4: 219-226.
288. Simon JA, Fong J, Bernert Jr JT, Browner WS. 1995. Serum fatty acids and the risk of stroke. *Stroke* 26: 778-782.
289. Ander BP, Weber AR, Rampersad PP, et al. 2004. Dietary flaxseed protects against ventricular fibrillation induced by ischemia-reperfusion in normal and hypercholesterolemic rabbits. *J Nutr.* 134: 3250-3256.
290. Kang JX, Leaf A. 1996. Protective effects of free polyunsaturated fatty acids on arrhythmias induced by lysophosphatidylcholine or palmitoylcarnitine in neonatal rat cardiac myocytes. *Eur. J. Pharmacol.* 297: 97-106.
291. Billman GE, Kang JX, Leaf A. 1999. Prevention of sudden cardiac death by dietary pure ω -3 polyunsaturated fatty acids in dogs. *Circulation* 99: 2452-2457.
292. Djoussé L, Rautaharju PM, Hopkins PN, et al. 2005. Dietary linolenic acid and adjusted QT and JT intervals in the National Heart, Lung, and Blood Institute Family Heart Study. *J. Am. Coll. Cardiol.* 45: 1716-1722.
293. Christensen JH, Schmidt EB, Mølenberg D, Toft E. 2005. Alpha-linolenic acid and heart rate variability in women examined for coronary artery disease. *Nutr. Metab. Cardiovasc. Dis.* 15: 345-351.
294. van der Schouw YT, Sampson L, Willett WC, Rimm EB. 2005. The usual intake of lignans but not that of isoflavones may be related to cardiovascular risk factors in U.S. men. *J. Nutr.* 135: 260-266.
295. Milder IEJ, Feskens EJM, Arts ICW, et al. 2006. Intakes of 4 dietary lignans and cause-specific and all-cause mortality in the Zutphen Elderly Study. *Am. J. Clin. Nutr.* 84: 400-405.
296. Kilkinen A, Erlund I, Virtanen MJ, et al. 2006. Serum enterolactone concentration and the risk of coronary heart disease in a case-cohort study of Finnish male smokers. *Am. J. Epidemiol.* 163: 687-693.
297. Pellizzon MA, Billheimer JT, Bloedon LT, et al. 2007. Flaxseed reduces plasma cholesterol levels in hypercholesterolemic mouse models. *J. Am. Coll. Nutr.* 26: 66-75.
298. Croft KD, Beilin LJ, Vandongen R, Mathews E. 1984. Dietary modification of fatty acid and prostaglandin synthesis in the rat. *Biochim. Biophys. Acta* 795: 196-207.
299. Fritsche KL, Johnston PV. 1989. Modulation of eicosanoid production and cell-mediated cytotoxicity by dietary α -linolenic acid in BALB/c mice. *Lipids* 24: 305-311.
300. Hubbard NE, Chapkin RS, Erickson KL. 1994. Effect of dietary linseed oil on tumoricidal activity and eicosanoid production in murine macrophages. *Lipids* 29: 651-655.
301. Ingram AJ, Parbtani A, Clark WF, et al. 1995. Effects of flaxseed and flax oil diets in a rat-5/6 renal ablation model. *Am. J. Kidney Dis.* 25: 320-329.
302. Magrum LJ, Johnston PV. 1983. Modulation of prostaglandin synthesis in rat peritoneal macrophages with ω -3 fatty acids. *Lipids* 18: 514-521.
303. Marshall LA, Johnston PV. 1982. Modulation of tissue prostaglandin synthesizing capacity by increased ratios of dietary alpha-linolenic acid to linoleic acid. *Lipids* 17: 905-913.
304. Weiler H, Kovacs H, Nitschmann E, et al. 2002. Elevated bone turnover in rat polycystic kidney disease is not due to prostaglandin E. *Pediatr. Nephrol.* 17: 795-799.
305. Morris DD, Henry MM, Moore JN, Fischer JK. 1991. Effect of dietary α -linolenic acid on endotoxin-induced production of tumor necrosis factor by peritoneal macrophages in horses. *Am. J. Vet. Res.* 52: 528-532.
306. Vas Dias FW, Gibney MJ, Taylor TG. 1982. The effect of polyunsaturated fatty acids of the n-3 and n-6 series on platelet aggregation and platelet and aortic fatty acid composition in rabbits. *Atherosclerosis* 43: 245-257.
307. Dahl WJ, Lockert EA, Cammer AL, Whiting SJ. 2005. Effects of flax fiber on laxation and glycemic response in healthy volunteers. *J. Med. Food* 8: 508-511.

308. Harper CR, Edwards MJ, DeFilipis AP, Jacobson TA. 2006. Flaxseed oil increases the plasma concentrations of cardioprotective (n-3) fatty acids in humans. *J. Nutr.* 136: 83-87.
309. Bloedon LT, Szapary PO. 2004. Flaxseed and cardiovascular risk. *Nutr. Rev.* 62: 18-27.
310. Brouwer IA, Katan MB, Zock PL. 2004. Dietary α -linolenic acid is associated with reduced risk of fatal coronary heart disease, but increased prostate cancer risk: a meta-analysis. *J. Nutr.* 134: 919-922.
311. Deckelbaum RJ, Worgall TS, Seo T. 2006. n-3 Fatty acids and gene expression. *Am. J. Clin. Nutr.* 83 (suppl): 1520S-1525S.
312. Low Y-L, Taylor JI, Grace PB, et al. 2005. Polymorphisms in the CYP19 gene may affect the positive correlations between serum and urine phytoestrogen metabolites and plasma androgen concentrations in men. *J. Nutr.* 135: 2680-2686.
313. Morris DH. 2003. Methodologic challenges in designing clinical studies to measure differences in the bioequivalence of n-3 fatty acids. *Mol. Cell. Biochem.* 246: 83-90.
314. Uauy R, Solomons N. 2005. Diet, nutrition, and the life-course approach to cancer prevention. *J. Nutr.* 135: 2934S-2945S.
315. American Cancer Society. Cancer facts & figures 2007. [Internet]. Atlanta: American Cancer Society; 2007. [cited 2007 June 30]. Available from: <http://www.cancer.org>
316. Barnard RJ. 2004. Prevention of cancer through lifestyle changes. *eCAM* 1: 233-239.
317. Popkin BM. 2007. Understanding global nutrition dynamics as a step towards controlling cancer incidence. *Nature Rev.* 7: 61-67.
318. Black HS, Rhodes LE. 2006. The potential of omega-3 fatty acids in the prevention of non-melanoma skin cancer. *Cancer Detect. Prev.* 30: 224-232.
319. Larsson SC, Kumlin M, Ingelman-Sundberg M, Wolk A. 2004. Dietary long-chain n-3 fatty acids for the prevention of cancer: a review of potential mechanisms. *Am. J. Clin. Nutr.* 79: 935-945.
320. Menendez JA, Lupu R. 2006. Mediterranean dietary traditions for the molecular treatment of human cancer: anti-oncogenic actions of the main olive oil's monounsaturated fatty acid oleic acid (18:1n-9). *Curr. Pharma. Biotechnol.* 7: 495-502.
321. Nkondjock A, Shatenstein B, Maisonneuve P, Ghadirian P. 2003. Specific fatty acids and human colorectal cancer: an overview. *Cancer Detect. Prev.* 27: 55-66.
322. Zhou J-R, Blackburn GL. 1997. Bridging animal and human studies: What are the missing segments in dietary fat and prostate cancer? *Am. J. Clin. Nutr.* 66: 1572S-1580S.
323. Sauer LA, Dauchy RT, Blask DE. 2000. Mechanism for the antitumor and anticachectic effects of n-3 fatty acids. *Cancer Res.* 60: 5289-5295.
324. de Lorgeril M, Salen P, Martin J-L, et al. 1998. Mediterranean dietary pattern in a randomized trial: prolonged survival and possible reduced cancer rate. *Arch. Intern. Med.* 158: 1181-1187.
325. Yan L, Yee JA, Li D, et al. 1998. Dietary flaxseed supplementation and experimental metastasis of melanoma cells in mice. *Cancer Lett.* 124: 181-186.
326. Li D, Yee JA, Thompson LU, Yan L. 1999. Dietary supplementation with secoisolariciresinol diglycoside (SDG) reduces experimental metastasis of melanoma cells in mice. *Cancer Lett.* 142: 91-96.
327. McCann MJ, Gill CIR, McGlynn H, Rowland IR. 2005. Role of mammalian lignans in the prevention and treatment of prostate cancer. *Nutr. Cancer* 52: 1-14.
328. American Dietetic Association. 2003. Position of the American Dietetic Association and Dietitians of Canada: vegetarian diets. *J. Am. Diet. Assoc.* 103: 748-765.
329. American Cancer Society. Breast cancer: detailed guide. [Internet]. [cited 2007 May 12]. Available from: <http://documents.cancer.org/104.00/104.00.pdf>
330. Serraino M, Thompson LU. 1991. The effect of flaxseed supplementation on early risk markers for mammary carcinogenesis. *Cancer Lett.* 60: 135-142.
331. Serraino M, Thompson LU. 1992. The effect of flaxseed supplementation on the initiation and promotional stages of mammary tumorigenesis. *Nutr. Cancer* 17: 153-159.

332. Thompson LU, Rickard SE, Orcheson LJ, Seidl MM. 1996. Flaxseed and its lignan and oil components reduce mammary tumor growth at a late stage of carcinogenesis. *Carcinogenesis* 17: 1373-1376.
333. Dabrosin C, Chen J, Wang L, Thompson LU. 2002. Flaxseed inhibits metastasis and decreases extracellular vascular endothelial growth factor in human breast cancer xenografts. *Cancer Lett.* 185: 31-37.
334. Chen J, Hui E, Ip T, Thompson LU. 2004. Dietary flaxseed enhances the inhibitory effect of tamoxifen on the growth of estrogen-dependent human breast cancer (MCF-7) in nude mice. *Clin. Cancer Res.* 10: 7703-7711.
335. Conte P, Frassoldati A. 2007. Aromatase inhibitors in the adjuvant treatment of postmenopausal women with early breast cancer: putting safety issues into perspective. *Breast J.* 13: 28-35.
336. Saarinen NM, Power K, Chen J, Thompson LU. 2006. Flaxseed attenuates the tumor growth stimulating effect of soy protein in ovariectomized athymic mice with MCF-7 human breast cancer xenografts. *Int. J. Cancer* 119: 925-931.
337. Chen J, Stavro PM, Thompson LU. 2002. Dietary flaxseed inhibits human breast cancer growth and metastasis and downregulates expression of insulin-like growth factor and epidermal growth factor receptor. *Nutr. Cancer* 43: 187-192.
338. Wang L, Chen J, Thompson LU. 2005. The inhibitory effect of flaxseed on the growth and metastasis of estrogen receptor negative human breast cancer xenografts is attributed to both its lignan and oil components. *Int. J. Cancer* 116: 793-798.
339. Chen J, Wang L, Thompson LU. 2006. Flaxseed and its components reduce metastasis after surgical excision of solid human breast tumor in nude mice. *Cancer Lett.* 234: 168-175.
340. Rao GN, Ney E, Herbert RA. 2000. Effect of melatonin and linolenic acid on mammary cancer in transgenic mice with *c-neu* breast cancer oncogene. *Breast Cancer Res. Treat.* 64: 287-296.
341. Cameron E, Bland J, Marcuson R. 1989. Divergent effects of omega-6 and omega-3 fatty acids on mammary tumor development in C₃H/Heston mice treated with DMBA. *Nutr. Res.* 9: 383-393.
342. Fritsche KL, Johnston PV. 1990. Effect of dietary α -linolenic acid on growth, metastasis, fatty acid profile and prostaglandin production of two murine mammary adenocarcinomas. *J. Nutr.* 120: 1601-1609.
343. Thompson LU, Seidl MM, Rickard SE, et al. 1996. Antitumorigenic effect of a mammalian lignan precursor from flaxseed. *Nutr. Cancer* 26:159-165.
344. Modugno F, Kip KE, Cochrane B, et al. 2006. Obesity, hormone therapy, estrogen metabolism and risk of postmenopausal breast cancer. *Int. J. Cancer* 118: 1292-1301.
345. Haggans CJ, Hutchins AM, Olson BA, et al. 1999. Effect of flaxseed consumption on urinary estrogen metabolites in postmenopausal women. *Nutr. Cancer* 33: 188-195.
346. Thompson LU, Chen JM, Li T, et al. 2005. Dietary flaxseed alters tumor biological markers in postmenopausal breast cancer. *Clin. Cancer Res.* 11: 3828-3835.
347. Klein V, Chajès V, Germain E, et al. 2000. Low alpha-linolenic acid content of adipose breast tissue is associated with an increased risk of breast cancer. *Eur. J. Cancer* 36: 335-340.
348. Maillard V, Bougnoux P, Ferrari P, et al. 2002. N-3 and n-6 fatty acids in breast adipose tissue and relative risk of breast cancer in a case-control study in Tours, France. *Int. J. Cancer* 98: 78-83.
349. Arab L. 2003. Biomarkers of fat and fatty acid intake. *J. Nutr.* 133: 925S-932S.
350. Saadatian-Elahi M, Toniolo P, Ferrari P, et al. 2002. Serum fatty acids and risk of breast cancer in a nested case-control study of the New York University Women's Health Study. *Cancer Epidemiol. Biomarkers Prev.* 11: 1353-1360.
351. Shannon J, King IB, Moshofsky R, et al. 2007. Erythrocyte fatty acids and breast cancer risk: a case-control study in Shanghai, China. *Am. J. Clin. Nutr.* 85: 1090-1097.
352. De Stefani E, Deneo-Pellegrini H, Mendilaharsu M, Ronco A. 1998. Essential fatty acids and breast cancer: a case-control study in Uruguay. *Int. J. Cancer* 76: 491-494.
353. Voorrips LE, Brants HAM, Kardinaal AFM, et al. 2002. Intake of conjugated linoleic acid, fat, and other fatty acids in relation to postmenopausal breast cancer: the Netherlands Cohort Study on Diet and Cancer. *Am. J. Clin. Nutr.* 76: 873-882.

354. Boccoardo F, Puntoni M, Guglielmini P, Rubagotti A. 2006. Enterolactone as a risk factor for breast cancer: a review of the published evidence. *Clin. Chim. Acta* 365: 58-67.
355. Lof M, Weiderpass E. 2006. Epidemiologic evidence suggests that dietary phytoestrogen intake is associated with reduced risk of breast, endometrial, and prostate cancers. *Nutr. Res.* 26: 609-619.
356. Chen J, Thompson LU. 2003. Lignans and tamoxifen, alone or in combination, reduce human breast cancer cell adhesion, invasion and migration in vitro. *Breast Cancer Res. Treat.* 80: 163-170.
357. Hutchins AM, Martini MC, Olson BA, et al. 2000. Flaxseed influences urinary lignan excretion in a dose-dependent manner in postmenopausal women. *Cancer Epidemiol. Biomarkers Prev.* 9: 1113-1118.
358. Martin ME, Haourigui M, Pelissero C, et al. 1996. Interactions between phytoestrogens and human sex steroid binding protein. *Life Sci.* 58: 429-436.
359. Coffey DS. 2001. Similarities of prostate and breast cancer: evolution, diet, and estrogens. *Urol.* 57(suppl 4A): 31-38.
360. Lin X, Gingrich JR, Bao W, et al. 2002. Effect of flaxseed supplementation on prostatic carcinoma in transgenic mice. *Urology* 60: 919-924.
361. Demark-Wahnefried W, Robertson CN, Walther PJ, et al. 2004. Pilot study to explore effects of low-fat, flaxseed-supplemented diet on proliferation of benign prostatic epithelium and prostate-specific antigen. *Urol.* 63: 900-904.
362. Dalais FS, Meliala A, Wattanapenpaiboon N, et al. 2004. Effects of a diet rich in phytoestrogens on prostate-specific antigen and sex hormones in men diagnosed with prostate cancer. *Urol.* 64: 510-515.
363. Pandalai PK, Pilat MJ, Yamazaki K, et al. 1996. The effects of omega-3 and omega-6 fatty acids on in vitro prostate cancer growth. *Anticancer Res.* 16: 815-820.
364. Kumar GS, Das UN. 1997. Cytotoxic action of alpha-linolenic and eicosapentaenoic acid on myeloma cells in vitro. *Prostaglandins Leuko. Essent. Fatty Acids* 56: 285-293.
365. Das UN, Madhavi N, Kumar GS, et al. 1998. Can tumour cell drug resistance be reversed by essential fatty acids and their metabolites? *Prostaglandins Leuko. Essent. Fatty Acids* 58: 39-54.
366. Kafrawy O, Zerouga M, Stillwell W, Jenki LJ. 1998. Docosahexaenoic acid in phosphatidylcholine mediates cytotoxicity more effectively than other ω -3 and ω -6 fatty acids. *Cancer Lett.* 132: 23-29.
367. Diggle CP. 2002. In vitro studies on the relationship between polyunsaturated fatty acids and cancer: tumour or tissue specific effects? *Prog. Lipid Res.* 41: 240-253.
368. Christensen JH, Fabrin K, Borup K, et al. 2006. Prostate tissue and leukocyte levels of n-3 polyunsaturated fatty acids in men with benign prostate hyperplasia or prostate cancer. *BJU Int.* 97: 270-273.
369. De Marzo AM, Platz EA, Sutcliffe S, et al. 2007. Inflammation in prostate carcinogenesis. *Nature Rev.* 7: 256-269.
370. Freeman VL, Meydani M, Yong S, et al. 2000. Prostatic levels of fatty acids and the histopathology of localized prostate cancer. *J. Urol.* 164: 2168-2172.
371. Freeman VL, Meydani M, Hur K, Flanigan RC. 2004. Inverse association between prostatic polyunsaturated fatty acid and risk of locally advanced prostate carcinoma. *Cancer* 101: 2744-2754.
372. Harvei S, Bjerve KS, Tretli S, et al. 1997. Prediagnostic level of fatty acids in serum phospholipids: Ω -3 and Ω -6 fatty acids and the risk of prostate cancer. *Int. J. Cancer* 71: 545-551.
373. Newcomer LM, King IB, Wicklund KG, Stanford JL. 2001. The association of fatty acids with prostate cancer risk. *Prostate* 47: 262-268.
374. Yang YJ, Lee SH, Hong SJ, Chung BC. 1999. Comparison of fatty acid profiles in the serum of patients with prostate cancer and benign prostatic hyperplasia. *Clin. Biochem.* 32: 405-409.
375. Godley PA, Campbell MK, Gallagher P, et al. 1996. Biomarkers of essential fatty acid consumption and risk of prostatic carcinoma. *Cancer Epidemiol. Biomarkers Prev.* 5: 889-895.
376. Männistö S, Pietinen P, Virtanen MJ. 2003. Fatty acids and risk of prostate cancer in a nested case-control study in male smokers. *Cancer Epidemiol. Biomarkers Prev.* 12: 1422-1428.

377. Gann PH, Hennekens CH, Sacks FM, et al. 1994. Prospective study of plasma fatty acids and risk of prostate cancer. *J. Natl. Cancer Inst.* 86: 281-286.
378. Chavarro JE, Stampfer MJ, Li H, et al. 2007. A prospective study of polyunsaturated fatty acid levels in blood and prostate cancer risk. *Cancer Epidemiol. Biomarkers Prev.* 16: OF1-OF7.
379. Baylin A, Kabagambe EK, Siles X, Campos H. 2002. Adipose tissue biomarkers of fatty acid intake. *Am. J. Clin. Nutr.* 76: 750-757.
380. Attar-Bashi NM, Frauman AG, Sinclair AJ. 2004. α -Linolenic acid and the risk of prostate cancer: What is the evidence? *J. Urol.* 171: 1402-1407.
381. Andersson S-O, Wolk A, Bergström R, et al. 1996. Energy, nutrient intake and prostate cancer risk: a population-based case-control study in Sweden. *Int. J. Cancer* 68: 716-722.
382. Bairati I, Meyer F, Fradet Y, Moore L. 1998. Dietary fat and advanced prostate cancer. *J. Urol.* 159: 1271-1275.
383. Bidoli E, Talamini R, Bosetti C, et al. 2005. Macronutrients, fatty acids, cholesterol and prostate cancer risk. *Ann. Oncol.* 16: 152-157.
384. De Stefani E, Deneo-Pellegrini H, Boffetta P, et al. 2000. α -Linolenic acid and risk of prostate cancer: a case-control study in Uruguay. *Cancer Epidemiol. Biomarkers Prev.* 9: 335-338.
385. Ramon JM, Bou R, Romea S, et al. 2000. Dietary fat intake and prostate cancer risk: A case-control study in Spain. *Cancer Causes Control* 11: 679-685.
386. Koralek DO, Peters U, Andriole G, et al. 2006. A prospective study of dietary alpha-linolenic acid and the risk of prostate cancer (United States). *Cancer Causes Control* 17: 783-791.
387. Laaksonen DE, Laukkanen JA, Niskanen L, et al. 2004. Serum linoleic and total polyunsaturated fatty acids in relation to prostate and other cancers: a population-based cohort study. *Int. J. Cancer* 111: 444-450.
388. Schuurman AG, van den Brandt PA, Dorant E, et al. 1999. Association of energy and fat intake with prostate carcinoma risk: results from the Netherlands Cohort Study. *Cancer* 86: 1019-1027.
389. Giovannucci E, Rimm EB, Colditz GA, et al. 1993. A prospective study of dietary fat and risk of prostate cancer. *J. Natl. Cancer Inst.* 85: 1571-1579.
390. Giovannucci E, Liu Y, Platz EA, et al. 2007. Risk factors for prostate cancer incidence and progression in the Health Professionals Follow-up Study. *Int. J. Cancer* (published online 20 Apr 2007). DOI: 10.1002/ijc.22788.
391. Leitzmann MF, Stampfer MJ, Michaud DS, et al. 2004. Dietary intake of n-3 and n-6 fatty acids and the risk of prostate cancer. *Am. J. Clin. Nutr.* 80: 204-216.
392. Dennis LK, Snetselaar LG, Smith BJ, et al. 2004. Problems with the assessment of dietary fat in prostate cancer studies. *Am. J. Epidemiol.* 160: 436-444.
393. Sullivan BL, Williams PG, Meyer BJ. 2006. Biomarker validation of a long-chain omega-3 polyunsaturated fatty acid food frequency questionnaire. *Lipids* 41: 845-850.
394. Bylund A, Lundin E, Zhang JX, et al. 2003. Randomised controlled short-term intervention pilot study on rye bran bread in prostate cancer. *Eur. J Cancer Prev.* 12: 407-415.
395. Kilkinen A, Virtamo J, Virtanen MJ, et al. 2003. Serum enterolactone concentration is not associated with prostate cancer risk in a nested case-control study. *Cancer Epidemiol. Biomarkers Prev.* 12: 1209-1212.
396. Stattin P, Bylund A, Biessy C, et al. 2004. Prospective study of plasma enterolactone and prostate cancer risk (Sweden). *Cancer Causes Control* 15: 1095-1102.
397. Denis L, Morton MS, Griffiths K. 1999. Diet and its preventive role in prostatic disease. *Eur. Urol.* 35: 377-387.
398. Kolonel LN, Nomura AMY, Cooney RV. 1999. Dietary fat and prostate cancer: current status. *J. Natl. Cancer Inst.* 91: 414-428.
399. Bougnoux P, Chajès V. 2003. α -Linolenic acid and cancer. In: *Flaxseed in Human Nutrition*, eds Thompson LU and Cunnane SC, 2nd ed, AOCS Press, Champaign, IL, p 232-244.

400. Mann N, Pirotta Y, O'Connell S, et al. 2006. Fatty acid composition of habitual omnivore and vegetarian diets. *Lipids* 41: 637-646.
401. Dwyer JT. 1997. Human studies on the effects of fatty acids on cancer: summary, gaps, and future research. *Am. J. Clin. Nutr.* 66: 1581S-1586S.
402. Lamb DJ, Zhang L. 2005. Challenges in prostate cancer research: animal models for nutritional studies of chemoprevention and disease progression. *J. Nutr.* 135: 3009S-3015S.
403. Divisi D, Di Tommaso S, Salvemini S, et al. 2006. Diet and cancer. *Acta Biomed.* 77: 118-123.
404. Demark-Wahnefried W. 2006. Flaxseed and prostate cancer: demon seed or seed of salvation? (editorial) *Semin. Prev. Altern. Med.* 2: 205-207.
405. Jenab M, Thompson LU. 1996. The influence of flaxseed and lignans on colon carcinogenesis and β -glucuronidase activity. *Carcinogenesis* 17: 1343-1348.
406. Williams D, Vergheze M, Walker LT, et al. 2007. Flax seed oil and flax seed meal reduce the formation of aberrant crypt foci (ACF) in azoxymethane-induced colon cancer in Fisher 344 male rats. *Food Chem. Toxicol.* 45: 153-159.
407. Sung M-K, Lautens M, Thompson LU. 1998. Mammalian lignans inhibit the growth of estrogen-independent human colon tumor cells. *Anticancer Res.* 18: 1405-1408.
408. Saarinen N, Mäkelä S, Santti R. 2003. Mechanism of anticancer effects of lignans with a special emphasis on breast cancer. In: *Flaxseed in Human Nutrition*, eds Thompson LU and Cunnane SC, 2nd ed, AOCS Press, Champaign, IL, p 223-231.
409. Brodie A, Sabnis G, Jelovac D. 2006. Aromatase and breast cancer. *J. Steroid Biochem. Mol. Biol.* 102: 97-102.
410. Trentin GA, Moody J, Torous DK, et al. 2004. The influence of dietary flaxseed and other grains, fruits and vegetables on the frequency of spontaneous chromosomal damage in mice. *Mutat. Res.* 551: 213-222.
411. Kurzer MS, Xu X. 1997. Dietary phytoestrogens. *Annu. Rev. Nutr.* 17: 353-381.
412. Brown JP, Josse RG, for the Scientific Advisory Council of the Osteoporosis Society of Canada. 2002. 2002 Clinical practice guidelines for the diagnosis and management of osteoporosis in Canada. *CMAJ.* 167 (10 suppl): S1-S34. [cited 5 July 2007]. Available from: www.cmaj.ca/cgi/reprint/167/10_suppl/s1.pdf
413. National Osteoporosis Foundation. Physician's guide to prevention and treatment of osteoporosis. [Internet]. 2003. [cited 2007 July 5]. Available from: http://www.nof.org/physguide/Physicians_Guide.pdf
414. Raisz LG. 2005. Screening for osteoporosis. *N. Engl. J. Med.* 353: 164-171.
415. Khan AA, Hodsman AB, Papaioannou A, et al. 2007. Management of osteoporosis in men: an update and case example. *CMAJ* 176: 345-348.
416. Arjmandi BH. 2001. The role of phytoestrogens in the prevention and treatment of osteoporosis in ovarian hormone deficiency. *J. Am. Coll. Nutr.* 20: 398S-402S.
417. Boyce BF, Li P, Yao Z, et al. 2005. TNF- α and pathologic bone resorption. *Keio J. Med.* 54: 127-131.
418. Teitelbaum SL. Osteoclasts: culprits in inflammatory osteolysis. *Arthritis Res. Ther.* 8: 201. DOI: 10.1186/ar1857. [Internet]. 2006. [cited 2007 July 3]. Available from: <http://arthritis-research.com/content/8/1/201>
419. Griel AE, Kris-Etherton PM, Hilpert KF, et al. 2007. An increase in dietary n-3 fatty acids decreases a marker of bone resorption in humans. *Nutr. J.* 6: 2. DOI: 10.1186/1475-2891-6-2. [Internet]. [cited 2007 April 16]. Available from: <http://www.nutritionj.com/content/6/1/2>
420. Velasquez MT, Bhatena SJ, Ranich T, et al. 2003. Dietary flaxseed meal reduces proteinuria and ameliorates nephropathy in an animal model of type II diabetes mellitus. *Kidney Int.* 64: 2100-2107.
421. Prasad K. 2000. Oxidative stress as a mechanism of diabetes in diabetic BB prone rats: Effects of secoisolariciresinol diglucoside (SDG). *Mol. Cell. Biochem.* 209: 89-96.
422. Prasad K, Mantha SV, Muir AD, Westcott ND. 2000. Protective effect of secoisolariciresinol diglucoside against streptozotocin-induced diabetes and its mechanism. *Mol. Cell. Biochem.* 206: 141-150.

423. Prasad K. 2001. Secoisolaricresinol diglucoside from flaxseed delays the development of type 2 diabetes in Zucker rat. *J. Lab. Clin. Med.* 138: 32-39.
424. Ghafoorunissa, Ibrahim A, Natarajan S. 2005. Substituting dietary linoleic acid with α -linolenic acid improves insulin sensitivity in sucrose fed rats. *Biochim. Biophys. Acta* 1733: 67-75.
425. Haubitz M. 2007. Exploring new territory: the move towards individualized treatment. *Lupus* 16: 227-231.
426. Westerweel PE, Luyten RKM, Koomans HA, et al. 2007. Premature atherosclerotic cardiovascular disease in systemic lupus erythematosus. *Arthritis Rheum.* 56: 1384-1396.
427. Avalos I, Chung CP, Oeser A, et al. 2007. Oxidative stress in systemic lupus erythematosus: relationship to disease activity and symptoms. *Lupus* 16: 195-200.
428. Svenungsson E, Fei G-Z, Jensen-Urstad K, et al. 2003. TNF- α : a link between hypertriglyceridaemia and inflammation in SLE patients with cardiovascular disease. *Lupus* 12: 454-461.
429. Tetta C, Bussolino F, Modena V, et al. 1990. Release of platelet-activating factor in systemic lupus erythematosus. *Int. Arch. Allergy Appl. Immunol.* 91: 244-256.
430. Hackshaw KV, Voelkel NF, Thomas RB, Westcott JY. 1992. Urine leukotriene E4 levels are elevated in patients with active systemic lupus erythematosus. *J. Rheumatol.* 19: 252-258.
431. Ogborn MR, Nitschmann E, Bankovic-Calic N, et al. 1998. The effect of dietary flaxseed supplementation on organic anion and osmolyte content and excretion in rat polycystic kidney disease. *Biochem. Cell Biol.* 76: 553-559.
432. Ogborn MR, Nitschmann E, Weiler H, et al. 1999. Flaxseed ameliorates interstitial nephritis in rat polycystic kidney disease. *Kidney Int.* 55: 417-423.
433. Ogborn MR, Nitschmann E, Bankovic-Calic N, et al. 2002. Dietary flax oil reduces renal injury, oxidized LDL content, and tissue n-6/n-3 FA ratio in experimental polycystic kidney disease. *Lipids* 37: 1059-1065.
434. Ogborn MR, Nitschmann E, Bankovic-Calic N, et al. 2006. Effects of flaxseed derivatives in experimental polycystic kidney disease vary with animal gender. *Lipids* 41: 1141-1149.
435. Sankaran D, Bankovic-Calic N, Peng CY-C, et al. 2006. Dietary flax oil during pregnancy and lactation retards disease progression in rat offspring with inherited kidney disease. *Pediatr. Res.* 60: 729-733.
436. Hamadeh MJ, Liede AC, Ganguli S, et al. 1992. Nutritional aspects of flaxseed in the human diet. *Proc. Flax Inst.* 4: 48-53.
437. Hill C, Inglis J, Guse L, Barlow A. 2005. Flax helps keep people "regular". [newsletter on the Internet]. *Flax Focus* 18: 7. [cited 2007 July 5]. Available from: <http://www.flaxcouncil.ca>
438. Willett WC. 1999. Convergence of philosophy and science: the Third International Congress on Vegetarian Nutrition. *Am. J. Clin. Nutr.* 70: 434S-438S.
439. Key TJ, Fraser GE, Thorogood M, et al. 1999. Mortality in vegetarians and nonvegetarians: detailed findings from a collaborative analysis of 5 prospective studies. *Am. J. Clin. Nutr.* 70: 516S-524S.
440. Ågren JJ, Törmälä M-L, Nenonen MT, Hänninen OO. 1995. Fatty acid composition of erythrocyte, platelet, and serum lipids in strict vegans. *Lipids* 30: 365-369.
441. Sanders TAB, Ellis FR, Dickerson JWT. 1978. Studies of vegans: The fatty acid composition of plasma choline phosphoglycerides, erythrocytes, adipose tissue, and breast milk, and some indicators of susceptibility to ischemic heart disease in vegans and omnivore controls. *Am. J. Clin. Nutr.* 31: 805-813.
442. Rosell MS, Lloyd-Wright Z, Appleby PN, et al. 2005. Long-chain n-3 polyunsaturated fatty acids in plasma in British meat-eating, vegetarian, and vegan men. *Am. J. Clin. Nutr.* 82: 327-334.
443. Davis BC, Kris-Etherton PM. 2003. Achieving optimal essential fatty acid status in vegetarians: current knowledge and practical implications. *Am. J. Clin. Nutr.* 78(suppl): 640S-646S.
444. Martin KR. 2006. Targeting apoptosis with dietary bioactive agents. *Exp. Biol. Med.* 231: 117-129.
445. Lampe JW. 2003. Spicing up a vegetarian diet: chemopreventive effects of phytochemicals. *Am. J. Clin. Nutr.* 78(suppl): 579S-583S.

446. Vetter J. 2000. Plant cyanogenic glycosides. *Toxicol* 38: 11-36.
447. World Health Organization. Hydrogen cyanide and cyanides: human health aspects. Concise international chemical assessment document 61. [report on the Internet]. 2004. [cited 2007 July 5]. Available from: <http://whqlibdoc.who.int/publications/2004/9241530618.pdf>
448. Jones DA. 1998. Why are so many food plants cyanogenic? *Phytochem*. 47: 155-162.
449. Dorea JG. 2004. Maternal thiocyanate and thyroid status during breast-feeding. *J. Am. Coll. Nutr.* 23: 97-101.
450. Whitney EN, Rolfes SR. 2005. *Understanding Nutrition*, 10th ed, Wadsworth, Belmont, CA, p 110 (phytate), 406 (oxalate), 451 (goiter).
451. Institute of Medicine. 2001. *Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc*, National Academy Press, Washington, DC, p 290-393 (iron), 258-289 (iodine).
452. Cameron AT. 1930. Iodine prophylaxis and endemic goiter. *Can. J. Public Health* 21: 541-548.
453. Centers for Disease Control and Prevention. Iodine level, United States, 2000. [Internet]. 2000. [cited 2007 July 5]. Available from: <http://www.cdc.gov/nchs/products/pubs/pubd/hestats/iodine.htm>
454. Fukuda T, Ito H, Mukainaka T, et al. 2003. Anti-tumor promoting effect of glycosides from *Prunus persica* seeds. *Biol. Pharm. Bull.* 26: 271-273.
455. Morris ER and Ellis R. 1980. Effect of dietary phytate/zinc molar ratio on growth and bone zinc response of rats fed semipurified diets. *J. Nutr.* 110: 1037-1045.
456. Ratnayake WMN, Behrens WA, Fischer PWF, et al. 1992. Chemical and nutritional studies of flaxseed (variety Linott) in rats. *J. Nutr. Biochem.* 3: 232-240.
457. Black WC. 1930. Flax hypersensitiveness. *JAMA* 94: 1064.
458. Grant LR. 1931. A report of six cases of flaxseed sensitization with review of the literature. *J. Allergy* 3: 469-477.
459. Lezaun A, Fraj J, Colas C, et al. 1998. Anaphylaxis from linseed. *Allergy* 53: 105-106.
460. Alonso L, Marcos ML, Blanco JG, et al. 1996. Anaphylaxis caused by linseed (flaxseed) intake. *J. Allergy Clin. Immunol.* 98: 469-470.
461. Leon F, Rodríguez M, Cuevas M. 2002. The major allergen of linseed. *Allergy* 57: 968.
462. Przybylski R, Daun JK. 2001. Additional data on the storage stability of milled flaxseed. *J. Am. Oil Chem. Soc.* 78: 105-106.
463. Chen ZY, Ratnayake WMN, Cunnane SC. 1994. Oxidative stability of flaxseed lipids during baking. *J. Am. Oil Chem. Soc.* 71: 629-632.
464. Malcolmsn LJ, Przybylski R, Daun JK. 2000. Storage stability of milled flaxseed. *J. Am. Oil Chem. Soc.* 77: 235-238.
465. Oomah BD. 2003. Processing of flaxseed fiber, oil, protein, and lignan. In: *Flaxseed in Human Nutrition*, eds Thompson LU and Cunnane SC, 2nd ed, AOCS Press, Champaign, IL, p 363-386.
466. Morris DH, Vaisey-Genser M. 2003. Availability and labeling of flaxseed food products and supplements. In: *Flaxseed in Human Nutrition*, eds Thompson LU and Cunnane SC, 2nd ed, AOCS Press, Champaign, IL, p 404-422.
467. Manthey FA, Lee RE, Hall III CA. 2002. Processing and cooking effects on lipid content and stability of α -linolenic acid in spaghetti containing ground flaxseed. *J. Agric. Food Chem.* 50: 1668-1671.
468. Muir AD, Westcott ND. 2000. Quantitation of the lignan secoisolariciresinol diglucoside in baked goods containing flax seed or flax meal. *J. Agric. Food Chem.* 48: 4048-4052.
469. Muir AD, Westcott ND. 1996. Quantitation of the lignan secoisolariciresinol diglucoside in baked goods containing flax seed or flax meal. *Proc. Flax Inst.* 56: 81-85.
470. Hyvärinen HK, Pihlava J-M, Hiidenhovi JA, et al. 2006. Effect of processing and storage on the stability of flaxseed lignan added to bakery products. *J. Agric. Food Chem.* 54: 48-53.

471. Hyvärinen HK, Pihlava J-M, Hiidenhovi JA, et al. 2006. Effect of processing and storage on the stability of flaxseed lignan added to dairy products. *J. Agric. Food Chem.* 54: 8788-8792.
472. Schultz HW. 1981. *Food Law Handbook*. AVI Publishing Company, Westport, CT, p 1-30.
473. Driscoll E. [Personal communication, 1997]. Health Canada, Health Protection Branch, Bureau of Nutritional Sciences. Ottawa, ON.
474. Vanderveen JE. 1995. Regulation of flaxseed as a food ingredient in the United States. In: *Flaxseed in Human Nutrition*, eds Cunnane SC and Thompson LU, AOCS Press, Champaign, IL, p 363-366.
475. Long W. [Personal communication, 1997]. Food and Drug Administration, Center for Food Safety and Applied Nutrition, Office of Plant and Dairy Foods and Beverages. College Park, MD.
476. Food and Drug Administration. Agency response letter, GRAS Notice No. GRN 000002, dated May 27, 1998. [Internet]. [cited 2007 July 5]. Available from: <http://vm.cfsan.fda.gov/~rdb/opa-g002.html>
477. Canadian Food Inspection Agency. 2003 Guide to food labelling and advertising. Basic Labelling Requirements, Section 2.8, List of Ingredients. [Internet]. [cited 2007 July 5]. Available from: <http://www.inspection.gc.ca/english/fssa/labeti/guide/toce.shtml>
478. Browne MB, the American Dietetic Association. 1993. *Label Facts for Healthful Eating*, National Food Processors Association, Washington, DC, p 1-54.
479. Health Canada. Regulations amending the food and drug regulations (nutrition labelling, nutrient content claims and health claims). *Canada Gazette, Part II, Vol. 137, No. 1, January 1, 2003*. [Internet]. [cited 2007 July 5]. Available from: canadagazette.gc.ca/partII/2003/20030101/pdf/g2-13701.pdf
480. Canadian Food Inspection Agency. 2007. Labelling Foods with Nutrition Information. [Internet]. [cited 2007 July 5]. Available from: <http://www.inspection.gc.ca/english/fssa/labeti/nutrition/nutrlabetie.pdf>
481. Canadian Food Inspection Agency. 2003 Guide to Food Labelling and Advertising. Composition, Quality, Quantity and Origin Claims, Section 4.8, Organic. [Internet]. [cited 2007 July 5]. Available from: <http://www.inspection.gc.ca/english/fssa/labeti/guide/toce.shtml>
482. National Organic Program. *The National Standards on Organic Agricultural Production and Handling*, Dec. 2000. [Internet]. [cited 2007 July 5]. Available from: www.ams.usda.gov/nop/index.htm
483. Health Canada. Position Paper on Five Generic US Health Claims Considered for Use in Canada. [cited 2007 July 5]. Available from: http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/label-etiquet/position_papere-nonce_position_e.pdf
484. Food and Drug Administration. Letter responding to a request to reconsider the qualified claim for a dietary supplement health claim for omega-3 fatty acids and coronary heart disease (Docket No. 91N-0103), letter dated February 8, 2002. [Internet]. [cited 2007 July 5]. Available from: www.cfsan.fda.gov/~dms/ds-ltr28.html
485. Chait A, Han CY, Oram JF, Heinecke JW. 2005. Lipoprotein-associated inflammatory proteins: markers or mediators of cardiovascular disease? *J. Lipid Res.* 46: 389-403.
486. Brevetti G, Schiano V, Chiariello M. 2006. Cellular adhesion molecules and peripheral arterial disease. *Vasc. Med.* 11:39-47.