

Wellspring

An essential plant-based solution for heart and joint wellness!

Unlike fish oil, plant-based oils provide the building blocks to help your body form essential fatty acids naturally.

Essential fatty acids are healthy oils from food shown in studies to support cardiovascular systems, joint health and brain function. Research indicates the wide range of health benefits is linked to essential fatty acids' ability to help maintain a non-inflammatory state in the body.

Wellspring's formula of organic plant oils provide a rich source of omega fatty acids to support heart health. Organic turmeric root soothes joints while organic ginger root provides antioxidant support. Together this organic blend creates the gold standard for the health of your joints and heart.*



The Good Inside

- 60 capsules (2 per serving)
- **Proprietary Omega 3-6-9 Antioxidant Blend:** (1,000 mg per serving)
- Borage Oil, Flax Seed Oil, Pumpkin Seed Oil, Organic Extra Virgin Coconut Oil, Organic Turmeric Root, Organic Ginger Root
- Other Ingredients: None. Not intended for pregnant women due to turmeric.

(Borage, Flax Seed and Pumpkin Seed are sourced from farms undergoing organic certification. Once this is completed they will also be certified organic.)



No Fish Tale

Time, air, heat and light can all cause fish oil to degrade and turn rancid. Oxidized oils have a strong “fishy” smell and can contribute to cellular damage.

Safeguarded in amber glass bottles, the plant-based oils of Wellspring are combined with powerful antioxidants that protect against oxidation in the bottle and in the body.*

Essential Fatty Acids:

- **Borage Oil:** Rich in linoleic acid and the highest plant source of gamma-linolenic acid (GLA), borage is renowned to soothe joint and skin health.*
- **Flax Seed Oil:** High in alpha-linolenic acid (ALA), flax seed is supportive of healthy cholesterol.*
- **Pumpkin Seed Oil:** The seeds (pepitas) are abundant sources of linoleic and oleic acids, and phytosterols for heart health.*
- **Coconut Oil:** Sourced from fresh coconut meat, our unrefined oil is high in lauric acid, supportive of immune health and good (HDL) cholesterol.*

Antioxidants:

- **Turmeric Root:** Revered for centuries in Ayurvedic medicine, modern scientists now recognize the joint-soothing and healing properties of turmeric.*
- **Ginger Root:** Renowned for its calming effect on the stomach, the antioxidants in ginger root are believed to help soothe temporary inflammation.*

*Backed by a 30-day “good inside” guarantee, Wellspring nourishes your heart and joints.**

Doctor Recommended

“The need for proper plant-based parent essential oils (PEOs) is now understood for supporting eyesight, reducing muscle strains, cardiovascular health, and maximizing the function of all cells. Wellspring is formulated to give us the necessary blend of organic oils. This will be a key part of my supplement program.”

—Darrel Hestdalen, D.C., DIBAK, FASA



touchstone essentials

TheGoodInside.com