

## FLAX SEED OIL

The seeds and oil of the flax plant contain substances which promote good health. Flax seed oil is rich in algalinolenic acid (ALA), which belongs to a group of substances called omega-3 fatty acids.

Omega-3 is beneficial to the heart, helping to protect against heart disease and control high blood pressure.

Flax seed oil contains lignans, which may have antioxidant actions and protect against breast, colon, prostate, and skin cancer. Studies have shown flaxseed to slow down the division of tumor cells.

Omega-3s have been shown to counter the inflammatory response, which is helpful to those with inflammatory conditions such as lupus and gout.

**Suggested Use:** Take 2–6 softgels daily. For best absorption, take with food.

2 softgels daily will last: 60 days

4 softgels daily will last: 30 days

**Size Available:** 120 softgels (1000mg each)

**Shelf Life:** 3 years

### Ingredients:

#### ORGANIC FLAX SEED OIL

Which typically contains:

- **ALPHA-LINOLENIC ACID** (omega 3 - 585 mg) — Alpha-Linolenic Acid is most commonly found in nuts, flax seeds (notably walnuts), and soybean oil. Reduces risk of heart disease, high blood pressure, and atherosclerosis (stiffening of the arteries).
- **LINOLEIC ACID** (omega 3 -150 mg) — Enhances muscle growth, lowers cholesterol and triglyceride levels, reduces food-induced allergic reactions, and enhances the immune system.
- **OLEIC ACID** (omega 9 -175 mg) — A monounsaturated fatty acid found in olive oil, nuts, and seeds. Lowers cholesterol levels and increases the body's production of antioxidants.
- **OTHER FATTY ACIDS/PHYTONUTRIENTS** (90 mg) — Essential for good health and proper physical functionality.

