

FLAX SEED OIL

The seeds and oil of the flax plant contain substances which promote good health. Flax seed oil is rich in alphanolenic 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

6 softgels daily will last: 20 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
- *LINOLEIC ACID* (omega 3)—150 mg
- *OLEIC ACID* (omega 9)—175 mg
- *OTHER FATTY ACIDS/PHYTONUTRIENTS*—90 mg

