

Organic Flaxseed Oil

8305 – 120 softgels

Plant Source of Essential Fatty Acids

The Possible Benefits of Organic Flaxseed Oil, a Dietary Supplement

- Essential fats play biologically essential roles in heart, vascular, vision, nerve, joint and brain function

Description

Flaxseeds are a rich source of essential fatty acids (EFA), particularly omega-3, dietary fiber and lignans-potent phyto-hormones which offer significant protective and preventive health benefits.

EFA's are required for normal brain development, cell membrane and hormone formation, metabolism of cholesterol and triglycerides, and cellular energy production. They also serve as precursors to prostaglandins. Omega-3 is an especially important EFA lacking in the average American diet. The high amount of omega-3 fatty acid content in flaxseed oil improves cardiovascular function by lowering dangerous LDL cholesterol and triglycerides, as well as decreasing the viscosity of thick blood, and reducing the build-up of atherosclerotic plaque on artery walls. It has also been used to decrease arthritic pain by blocking inflammation. Flaxseed oil is an excellent immune modular and helps to fight immune diseases such as lupus.



* As per US federal guidelines, we need to inform you that these statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.