

## Flax Seed Oil



**Brand:** Lindens  
**Product Code:** L32  
**Availability:** 10  
**Weight:** 0.10kg

**Price:** £6.99

### Short Description

Flaxseed (also known as Linseed) oil is a great source of Omega 3, 6 and 9, and contributes towards normal cholesterol levels.

### Description

- A very popular source of Omega-3, 6 and 9
- High in Alpha Linolenic Acid
- Ideal alternative to fish oils
- Contributes to the maintenance of normal blood cholesterol levels

Flaxseed oil, also known as Linseed oil, is an excellent natural source of Alpha Linolenic Acid (ALA) which is an Omega-3 fatty acid. As the body is unable to produce them, Omega-3 fatty acids are essential additions to the diet.

Alpha Linolenic Acid (ALA) contributes to the maintenance of normal blood cholesterol levels. This beneficial effect can be found with a daily intake of 2g of ALA from food

and supplements. Contained in rapid release softgel capsules.

Flaxseed has been cultivated for over seven thousand years as oil used for healthy hearts as it contributes to the maintenance of normal blood cholesterol levels.

You can confidently turn to Flaxseed as a source of Omega 3 because 50% of the weight is converted by the body into EPA & DHA as required.

Flaxseed oil is a great way to boost the levels of Omega 3 in the diet.

With Lindens®, you can expect:

- ? An established UK manufacturer based in Yorkshire
- ? ISO 9001 Certified for Quality Management Systems
- ? Dedication to excellence, innovation and satisfaction
- ? Resealable, light-proof, foil-fresh pouch packaging
- ? The Lindens® label: your guarantee of authenticity

This is a food supplement which is not a substitute for a balanced diet and healthy lifestyle. We recommend that pregnant and breastfeeding women seek medical advice before using food supplements. Store in a cool, dry place, out of reach of children. Unsuitable for children. Follow usage guidelines. Do not exceed stated dose. Lindens® is a registered trademark of Lindens Health + Nutrition Ltd.

## **Label Information**

### **FLAXSEED OIL**

A full serving provides sufficient ALA, an Omega 3 Fatty Acid, to contribute towards normal blood cholesterol levels

**DIRECTIONS:** Food Supplement. Take one to five capsules, depending on your requirements, each day with water.

**PRODUCT INFORMATION:** 5 capsules provides 5000mg Flaxseed oil, yielding: 2400mg Alpha Linolenic Acid (Omega 3), plus Linoleic Acid (Omega 6) & Oleic Acid (Omega 9)

**INGREDIENTS:** Flaxseed Oil, Shell (Bovine Gelatin, Glycerin, Water).

Allergens (if any) in bold.

Free From: dairy, soya, sugar & gluten.

EAN:

5060332535415 - 90 pack

## **PRODUCT INFORMATION**

NRV = Nutrient Reference Value