

Flax Seed Oil 1000mg

A rich source of Omega 3's

Presentation

An opaque brown oblong soft capsule.

Each capsule delivers:

Flax Seed Oil	1000mg
Alpha-Linolenic Acid	680mg
Linoleic Acid	122mg
Vitamin E	2mg

Encapsulated with:

Capsule Shell (Modified Starch, Glycerol, Gelling Agent: Carrageenan, Colour: Iron Oxide), Acidity Regulator: Sodium Carbonate.

Disintegration time: Less than 30 minutes.

Suitable for vegetarians (V) **and vegans** (V)

quantity
90

type
capsules

code
8495



Uses

Research indicates that omega 3 fatty acids are important for the maintenance of a healthy heart, and in helping to maintain joint mobility, as well as healthy skin. Flax Seed Oil is an excellent alternative to fish oil.

Alpha-Linolenic Acid is converted by the body into the omega 3 fatty acids present in fish oil (EPA and DHA) according to their need. As an essential nutrient, Alpha-Linolenic Acid is required in large amounts by the body but because it is highly unstable, it is not always possible to be sure how much is available in the diet. The Flax Seed Oil from Lamberts® is cold pressed to ensure that the nutritive qualities are retained. Flax Seed Oil is also a useful source of Linoleic Acid, the other main essential fatty acid that our diets must provide.

- Vegetarian and vegan source of Omega 3s
- Capsule shell and vitamin E protect Omega 3s from oxidation
- No aftertaste.

Usage and administration

1 to 3 capsules daily.

Allergen advice

None (see page 194).

Cautions

None known at the recommended usage.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

