



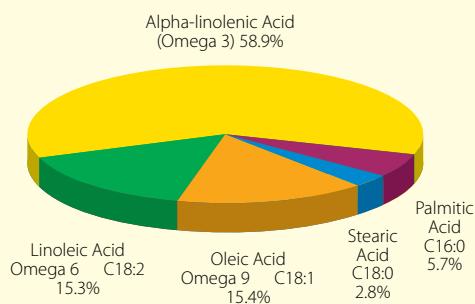
# flax seed oil



Flax Seed Oil is one of nature's most concentrated forms of Alpha Linolenic Acid (Omega 3, ALA). This high Omega 3 content makes it a very popular dietary supplement. ALA is an Essential Fatty Acid that our body is unable to produce and should therefore be present in our diet for the maintenance of good health. Current food trends have resulted in a depletion of available Omega 3 in our diets. Adding Flax Seed Oil to our daily food intake through a variety of recipes or simply as a dietary supplement, rebalances this deficiency.

The perceived health benefits of Flax Seed Oil are well documented and include relief of allergies, eczema, improved complexion, reduced cholesterol and even controlling attention deficit disorder.

## TYPICAL FLAX SEED OIL SPECIFICATION



The 'Typical Fatty Acid Profile' shown above represents the major fatty acids only and excludes other minor components. Please note the data for this product will vary across different batches and seasonal harvests. For a full Technical Specification please contact us or alternatively visit [www.seedoils.co.nz](http://www.seedoils.co.nz).



## TECHNICAL DATA

**Product Name:** Flax Seed Oil

**Botanical Name:** *Linum usitatissimum*

**Active Ingredient(s):** Alpha Linolenic Acid (ALA, Omega 3)

**Extraction Method:** Cold pressed

**Appearance:** Clear golden yellow oil with characteristic taste and odour

**Shelf life:** If stored in a cool dry place, protected from light this product will have a shelf life of 12 months.

**Common Dosage:** Liquid and/or soft gel capsule

**Product Variations:**

- Flax Seed Oil cold pressed unrefined
- Flax Seed Oil cold pressed unrefined ORGANIC

## STAR RATING

Nutritional	*****
Skincare	****
Culinary	***

