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Flax Seed Oil

(Linum Usitatissimum)

Flax seed oil is recognized as one of nature's richest sources of essential fatty acids, and is unique because it contains 3 essential fatty acids: alpha linolenic acid (ALA), omega-3 essential fatty acid, and linoleic acid, an omega-6 essential fatty acid. Flax seed oil contains these EFA's in just the right proportions. Flax seed is also a great source of lignans, vitamins and minerals.

ALA is an omega-3 fatty acid that, to a limited extent, can be converted in the body into two other important omega-3's — EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). These fatty acids may be protective against cardiovascular disease because they help to maintain healthy triglyceride and cholesterol levels.

Flax seed is also rich in lignan. Lignan is a type of phytoestrogen and also provides fiber. Researches reveal that lignan in flax seed shows a lot of promise in fighting disease -- including a possible role in cancer prevention especially breast cancer. It is thought that lignan metabolites can bind to estrogen receptors, hence inhibiting the onset of estrogen-stimulated breast cancer.

Fatty Acid Composition

GM/100G 1000G

Palmitic Acid	4.5-6.5
Oleic Acid	15.0-17
Linoleic Acid	14.5-17
Alpha Linolenic Acid	56.5-58
Saturated Fat	8.0
Monounsaturated fat	14.4
Polyunsaturated Fat	69.3