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## Flax Seed Oil

(Linum Usitatissimum)

Cold pressed 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).

Flax seed is also rich in lignan which provides fiber.

### 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