

Flax Seed Oil 90 Capsules

EAN: 5055148402396

FABRICANTE: LAMBERTS



Flax Seed Oil, rich in Omega 3, helps maintain the well-being of the heart, joints and skin.

DESCRIPTION

There is increasing scientific evidence supporting the use of essential fatty acid supplements to prevent the onset of various disorders.

There are two families of essential fatty acids, the Omega 3 series and the Omega 6 series.

Both series are vitally important to ensure optimal nutrition, and since the body is unable to manufacture them from other nutrients (hence the term 'essential') it is imperative that both series of fatty acids are present in the diet.

Research indicates that Omega 3 fatty acids are important for maintaining the well-being of the heart, joints and skin.

Flax seed oil is an excellent alternative to fish oils, since the oil obtained from flax seeds contains 50% of its weight in alpha-linolenic acid, and contains almost twice as much Omega 3 per gram as fish oils.

The body transforms Alpha-Linolenic Acid into Omega 3 fatty acids present in fish oil (EPA and DHA) according to its needs.

Being an essential nutrient, the body needs Alpha-Linolenic Acid in large quantities, but as it is highly unstable, it is not always possible to know the exact amount that our diet provides.

LAMBERTS® Flax Seed Oil is cold pressed to ensure its nutritional qualities are retained.

Flax Seed Oil is also a good source of Linoleic Acid, the other major essential fatty acid that our diets should provide.

Contains Vitamin E, which contributes to the protection of cells against oxidative damage.

- Vegetarian source of Omega 3.
- The capsule and vitamin E protect Omega 3 from oxidation.
- No aftertaste.



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Each capsule provides:

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

Allergen note

The following list of allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish and yeast.

Instructions for use

Take 1 capsule daily with a meal.
Do not exceed the expressly recommended daily dose.

