

Flaxseed Oil 1250 mg 100 Softgels

EAN: 033984010703

FABRICANTE: SOLGAR



Solgar Flaxseed Oil is a food supplement that is indicated for cardiovascular health. Solgar Flaxseed Oil Softgels help lower high blood pressure.

DESCRIPTION

What is Solgar Linseed Oil and what is it used for?

Solgar Flaxseed Oil is a gluten-free and dairy-free food supplement, rich in essential fatty acids and therefore indicated for the care of cardiac health. Flaxseed Oil is rich in alpha linoleic acid, which helps maintain normal blood cholesterol levels.

What are the ingredients of Solgar Flaxseed Oil?

The ingredients of Solgar Flaxseed Oil are:

- Flaxseed (linseed) oil (providing alpha-linolenic acid, linoleic acid, oleic acid, palmitic acid, stearic acid, other fatty acids).
- Soft capsule: gelatin (from bovine).
- Vegetable glycerin (from palm kernel oil and coconut oil).

How should I take Solgar Flaxseed Oil?

Solgar Linseed Oil is taken orally: You should take two softgels daily, with a glass of water, preferably with a meal.

Can I take Solgar Flaxseed Oil if I am pregnant?

If you are pregnant you should avoid taking Solgar Flaxseed Oil, but you can always check with your doctor.

Can I take Solgar Flaxseed Oil if I am breastfeeding my child?

Check with your doctor if you are breast-feeding your child.

If I am going to undergo an operation soon, can I take Solgar Flaxseed Oil?

If you are going to undergo an operation soon, you should stop taking it two weeks before undergoing the



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operation, since Solgar's Flaxseed oil can decrease blood clotting.

Does Solgar Flaxseed Oil have any side effects?

If consumed in the recommended amount, there should be no side effects. a possible side effect would be an allergic reaction.

What medications can there be interactions with if I take Solgar Flaxseed Oil?

Solgar Flaxseed Oil may interact with:

- **Anticoagulants and antiplatelet medications, herbs and supplements.** These types of medications, herbs, and supplements reduce blood clotting.
- **Blood pressure medications, herbs, and supplements.** Flaxseed oil might lower blood pressure. Taking it along with drugs, herbs, and supplements that lower blood pressure might lower your blood pressure too much.
- **Medications for diabetes.** Solgar Flaxseed Oil may lower blood sugar. Taking them along with diabetes medications, herbs, or supplements with hypoglycemic potential could lower your blood sugar too much.
- **Estrogens.** Flaxseed Oil may have an anti-estrogen effect. Its consumption could reduce the effects of oral contraceptives and estrogen replacement therapies.

