



# Flax Seed Oil Capsules

## 100% Organic Flax Seed Oil:

The essential fatty acids in flax seed oil are its key healing components. EFAs are valuable because the body needs them to function properly, but can't manufacture them on its own.

Flax Seed Oil contains omega-6 and omega-9 essential fatty acids, B vitamins, potassium, lecithin, magnesium, fiber, protein, and zinc and also provides approximately 50% more omega-3 oils than what you could get from taking fish oil, minus the "fishy" after taste.

Several studies indicate that flaxseed oil has a positive effect on the Heart & Cardiovascular System.

