

FLAX SEED OIL

Flax Seed Oil - Frequently Asked Questions

What is Flax?

Flax is the common name for a herb of the Linaceae Family. Flax used to be one of the major sources of cloth fibre (Linen) until the cotton industry took over. The oil is extracted from organically grown flax seeds using a special cold-pressing process which minimizes the damaging effects of light, oxygen and heat.

What is Flax Seed Oil?

Seeds from the Flax plant, native to Eurasia, are crushed to make Flax Seed Oil, often named Linseed Oil.

What are the Benefits of Supplementing with Flax Seed Oil?

- Flax Seed Oil shortens recovery time for fatigued muscles after exertion.
- Flax Seed Oil increases the body's production of energy and also increases stamina.
- Flax Seed Oil accelerates the healing of sprains.
- It eases weight loss in people afflicted with obesity.
- It stimulates brown fat cells and increases the metabolic rate making it easier to burn fat.
- Flax Seed Oil improves the absorption of Calcium.
- There is evidence to support that may improve the function of the anabolic hormone, insulin.
- It is able to accelerate the healing of bruises.
- Flax Seed Oil strengthens finger and toe nails.
- It can improve eyesight and perception of colours.
- It can often improve the function of the liver.
- It can relieve the side effects and stop development of many forms of cancer.
- In some cases it may relieve Alopecia Areata with hair regrowth (After 1 Year of use).
- It is helpful in the treatment of Eczema or flaky skin.
- It is helpful in the treatment of Dandruff and also dull hair.
- It can relieve the symptoms of Rheumatoid Arthritis.
- It helps prevent Atherosclerosis.
- Flax Seed Oil lowers high blood pressure in Hypertension sufferers.
- Flax Seed Oil has been scientifically proven to treat some cases of depression.
- It can improve the mental function of many old age pensioners.
- It can help in the treatment of Multiple Sclerosis.
- It can relieve some cases of Premenstrual Syndrome (PMS) in females.

The dietary essential fatty acids common to Flax Seed Oil are converted by the body to Prostaglandin's (a hormone like substance) which are important for regulating the following:

- Steroid Production & hormone synthesis, pressure in joints, blood vessels and the eye, blood clotting ability, water retention, Inflammation Pain, Nerve Transmission.

Why Should I Consider Supplementing With Flax Seed Oil?

Our bodies are unable to produce the essential fatty acids (EFA's) contained in Flax Seed Oil. In order to gain these we must consume this natural substance through dietary or supplement consumption. Surveys prove that around 80% of the population is deficient in EFA's. Commercial refinement of foods containing fats and oils has almost eliminated EFA's from our food chain. Flax seed oil is unique as it contains both essential fatty acids, alpha-linolenic (an Omega-3 fatty acid) and linoleic acid (an Omega-6 Fatty acid) in generous amounts. Flax seed oil is one of the richest sources of Omega-3 EFA's. It has 57% more Omega-3 fatty acids than fish oils.) EFA's are needed for the body to make "Prostaglandin's" which are hormone like substances. There are two EFA's that we need: Linoleic acid

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(Omega 6) and Linolenic Acid (Omega 3). A lack of these two fatty acids can cause a decrease in Testosterone levels. It is a valuable addition to the daily diet of both normal people and bodybuilders.

Do Other Supplements Have an Effect on Flax Seed Oil?

People who are deficient in Vitamins A, C, E, B2, B6, Pantothenic Acid, B12, biotin and minerals Calcium, Magnesium, Potassium, and Zinc may have difficulty converting the Omega 6 fatty acid into the healthful prostaglandin's. Any good multivitamin supplement will ensure a good supply of these. Scientific research has proven that a combination of Flax Seed Oil with Borage Seed Oil to be an excellent combination offering a true "Omega Twin". The best Omega-3 fatty acids come from the Flax seed oil and the best Omega-6 fatty acids are provided by the Borage Seed Oil. Excessive alcohol intake can damage the enzymes needed to utilise the EFA in Flax Seed Oil.

But if I Eat Fat, Surely I Will Become Fat?

No, it is not a question of fat, It is a question of the right fat. Flax Seed Oil is one of the healthiest sources of fat. It is understandable that some are reluctant to increase their fat intake for fear that they will get fat but no-one has ever gotten fat from consuming Flax Seed Oil in any quantity. Cutting out fats is good from a cardiovascular viewpoint but it reduces Testosterone levels. To ensure that Testosterone levels remain at an acceptable level, Flax Seed Oil and EFA's seem to be the healthiest fats to consume. Every diet needs a percentage of Fat. Omega-3 Essential Fatty Acids are anti-lipogenic (which means they block fat storage) and increase beta oxidation (fat burning).

So What Types of Fat Does Flax Seed Oil contain?

1 gram of Flax Seed Oil contains the following:

- Superunsaturated Fatty acids: Alpha-Linolenic Acid (ALA) – 550mg
- Polyunsaturated Fatty Acids: Linoleic Fatty Acid – 170mg
- Saturated Fatty Acids: Palmitic Acid 60mg, Stearic Acid 40mg
- Monosaturated Fatty Acids: Oleic Acid 180mg

Note: This may vary depending upon the brand that you buy.

Where Can I Get Flax Seed Oil?

Most Health and Nutrition Stores sell Flax Seed Oil in either liquid oil (bottles and containers) or 1000mg capsules. Note: Flax Seed Oil in liquid form is very sensitive and is degraded by light, heat and air. Manufacturers often recommend that the Flax Seed Oil be kept inside its original box, inside the fridge. In liquid form Flax Seed Oil can be consumed straight from the bottle, over a salad or in a shake. Capsules offer protection against oxidation and contamination but quite a quantity have to be consumed at a time. Capsules are also more expensive than their liquid counterpart.

Note: Linseed Oil (Alternative name Flax Seed Oil) can also be found in DIY shops. This is the same product as Flax Seed Oil but is used as a varnish. It is NOT REFINED TO FOOD GRADE. Do not drink this varnish!

So How Much Flax Seed Oil Should I Supplement?

In order to prevent a deficiency of Essential Fatty Acids 1-2 teaspoons of Flax Seed Oil should be taken. For Mass and Bodybuilding there is increasing evidence that low fat diets relate to low levels of Testosterone. It is suggested that 1-3 Tablespoons is the optimal range for bodybuilding. Note: 1 Tablespoon is equivalent to about 10-12 1000mg Capsules

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