

FLAXSEED OIL HAS BECOME A HOUSEHOLD NAME OVER THE PAST FEW YEARS.

What exactly is it and why is it so beneficial to the health of all of us?

Contrary to common belief, not all fats are created equal and not all fats are 'bad'! Flaxseed oil resides in the family of 'good fats' so vital for health that they have the name *essential fatty acids* (EFAs). The body is unable to make these fats for itself, so it is imperative they are supplied from dietary sources or supplements.

An inadequate intake of EFAs will lead the body to utilise inferior fats to build new cells (our body's cells are all encased in a fatty membrane) that can be brittle, weak and unable to function normally. Additionally, EFAs are vital for supporting and maintaining an optimal cardiovascular system, healthy joints, healthy hair and nails, as well as helping brain and nervous system function correctly.

Common signs of an EFA deficiency may be, but are not limited to dry, flaky skin and nails, triglyceride imbalance, tiredness, lack of energy, low mood and poor mental clarity.

Flaxomega™ Flax oil capsules provide Omega 3, 6 and 9 essential fatty acids (EFAs), in a convenient way to ensure a daily intake of EFAs.

