

Lijnzaadolie (1000 mg) - 60 caps °

NELZ

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Flaxseed oil is the richest plant source of omega-3 fatty acids. 1,000 mg of flaxseed oil contains no less than 615 mg α -linolenic acid, an essential omega-3 fatty acid that is converted in the body into eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).



Description

Flaxseed oil contains alpha-linolenic acid, an essential polyunsaturated fatty acid that belongs to the group of omega-3 fatty acids. Alpha-linolenic acid can be converted into other omega-3 fatty acids in the body, including eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Scientific research shows that the daily intake of 2g alpha-linolenic acid contributes to the maintenance of normal cholesterol levels in the blood. Moreover, essential fatty acids are needed for the normal development of children.

Indications

- To maintain normal cholesterol values (intake 2g alpha-linolenic acid)

Dosage

Take 1 capsule per day with a glass of water, preferably at mealtime.

Side-effects and contra-indications

No harmful effects are known from the use of 1,000 mg flaxseed oil. Not suitable for pregnant women or women who are breastfeeding. Storage Close the packaging tightly and store in a dry, cool and dark place (15-25°C). Keep out of the reach of children.

Composition

Active ingredients

Composition						
Scientific name		English name		Galenic form	Per capsule	Per 100 g
Plant	Used part	Plant	Used part			
Linum usitatissimum	Seedfruit	Cultivated flax	Seed	Fatty oil	1000 mg	71,02 g

Nutrient	Per capsule	Per 100 g
D-a-tocopherol concentrate 671 mg/g	15 mg	1060 mg

Non-active ingredients		
Constituent	Per capsule	Per 100 g
Gelatine	270,80 mg	19,14 g
Glycerine (gelling agent)	89,20 mg	6,30 g
Water	89,20 mg	2,83 g

Categorie: Omega / Fatty Acids
Form: Capsule
Free from: No info
Raw Material: Flax seed