

Omega 3-6-9 - Flax Seed Oil (60 Softgel Capsules)

 lilyandloafinternational.com/products/omega-369-flax-seed-oil

Nature's Sunshine

A rich source of fatty acids

£ 17.95 GBP

1770

- As well as providing the building blocks for cell membranes, Essential Fatty Acids (EFA's) have been found to have multiple health benefits for the whole body, including the nervous and cardiovascular systems
- Flax Seed Oil is a rich source of these EFAs. It also contains lignans, and linoleic acid, another EFA. These two fatty acids are termed 'essential' because the body cannot manufacture them. Each soft gel capsule provides 1000mg of 100% unrefined flax seed oil.
- There are no chemicals or additives, and each capsule is carob coated for light resistance.
- Full 90-day money-back guarantee

How will Omega 3-6-9 help me?

When you think of fats, you may think of foods that will deteriorate your health and even cause you to gain weight. Some fats, especially saturated fats, should be avoided, but some fats are essential to maintaining good health. The body needs Omega-3 EFA's to manufacture and repair cell membranes, enabling the cells to obtain optimum nutrition and expel harmful waste products. These essential nutrients can be found in flax seeds, marine fish and green leafy vegetables, but some people may not consume enough of these foods to meet the body's needs.

Essential Fatty Acids (EFA's) are just that – essential to life! We cannot manufacture these within our body, so we must rely on getting what we need from our diet. Brain tissue is mostly made up of fatty acids, which are essential to healthy brain development and maintenance. As well as providing the building blocks for cell membranes, EFA's have been found to have multiple health benefits for the whole body.

Rich in Omega 3, 6 and 9 flax seed oil contains nearly twice as much Omega-3 EFA's as fish oil products. As well as providing the building blocks for cell membranes, EFA's have been found to have multiple health benefits for the whole body, including the nervous and cardiovascular systems. Flax Seed Oil is a rich source of these EFAs. It also contains lignans, and linoleic acid, another EFA. These two fatty acids are termed 'essential' because the body cannot manufacture them. Each capsule is carob coated for light resistance and contains no chemicals or additives.

Several scientific studies show that consumption of Omega-3 essential fatty acids (EFAs) leads to a lower risk of coronary heart disease. Flax Seed Oil is a rich source of these EFAs, it also contains lignans, and linoleic acid, another EFA. These two fatty acids are termed 'essential' because the body cannot manufacture them. Until recently, experts believed the best sources of Omega-3 were fish oils. While fish oils are a good source, Flax Seed Oil contains twice as much Omega-3 EFA's as fish oil products.

Is Omega 3-6-9 suitable for everyone?

Evening Primrose capsule shell contains porcine gelatine, so avoid this product if you do not eat pork.

Why should I buy from Lily & Loaf?

Lily & Loaf embrace a natural, holistic approach to health and beauty, and value equally daily nutrition for the body and nutritional care for the skin. These strict standards for top quality suppliers ensure that every product is free from harmful toxins, pollutants and animal cruelty, but also crafted in accordance with the ethical and sustainability values held. Lily & Loaf offers only premium, natural, eco-friendly products that are free from questionable manufacturing methods used in many mass-produced products today. There is also great support from a brilliant, independent Advisory Board - a group of highly qualified and experienced scientists, herbalists, practitioners, and health consultants with a wealth of expert knowledge and experience. And of course, our 90-day money back guarantee!

90-Day Money Back Guarantee

We deliver the very best quality and service to all our customers and every product we sell has a no quibble 90-day money back guarantee. If you are not completely satisfied with your purchase, you may return your unused product or empty container to us within 90 days for a full refund. What have you got to lose?

Simple & Fast Worldwide Delivery

We offer a fast delivery service across the UK and indeed throughout the world. So, no matter where you live, buying from Lily & Loaf is a simple and risk-free process. Start your journey today with Lily & Loaf. We know that when you try our products, you'll become a Lily & Loaf lover too.

Ingredients

Flax seed oil (*Linum usitatissimum*), capsule shell (gelatin, glycerin, water, carob coating).

Note: Contains porcine sourced gelatin.

Nutritional Information

Each softgel capsule* provides 1000 mg of 100% unrefined flax seed oil (*Linum usitatissimum*):

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|---------|------------|----------|
| Omega-3 | 450-600 mg | (45-60%) |
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| Omega-6 | 130-200 mg | (13-20%) |
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| Omega-9 | 140-230 mg | (14-23%) |
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*The ingredients are described in ranges due to natural variations from different flax harvests.

Recommended Use

Take one or two capsules with a meal three times daily.

Do not exceed the stated recommended daily dosage.

Food Supplements should not be used as a substitute for a balanced diet. Always consult your Doctor or Pharmacist before taking food supplements when you are on prescribed medication.