

D-Flax

Flax Seed Oil 1000 mg Soft Gelatin Capsule
Botanical Name: *Linum usitatissimum*



Composition: Each soft gelatin capsule contains Flax Seed Oil 1000 mg.

Description: Flax seed oil contains a type of omega-3 fatty acid called alpha-linolenic acid (ALA). The body uses ALA from flax seed oil and converts it in small amounts to other fatty acids, including docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). Rich in Omega 3 fatty acid flax seed oil capsules help to regulate cholesterol level in the body and are an essential medium to reduce the amount of unhealthy cholesterol in the body. The alpha-linolenic acid in flax seed oil seems to decrease inflammation.

Indication:

Flax seed oil is mostly used for-

- Hyperlipidemia
- Rheumatoid arthritis
- Constipation
- Inflammation of the skin

Other uses include:

- Osteoarthritis
- Anxiety
- Benign Prostatic hyperplasia (BPH)
- Weight loss

Mechanism of action

Flax seed Oil reduces cholesterol levels by increasing prostaglandins E1 & E3 (PGE1 & PGE3), which inhibit cholesterol synthesis & stimulate cholesterol movement across cell membranes. Also reduces platelet aggregation by increasing levels of PGE1 and PGE3. Flax seed oil stimulates bowels, binds to water, mucilage swells and stool volume increases. Facilitates passage of feces through bowel through lubrication by oil.

Dosage & Administration: The recommended daily dose is at least 1000mg taken one to three times daily. Or, as directed by the registered physician.

Side Effects: Flax seed oil is well tolerated when used at recommended dosages.

Contraindications: It is contraindicated in patients with hypersensitivity to flax seed oil, or any other components of this product.

Drug Interaction: Flax seed oil can be taken with any other vitamins, minerals, or herbal supplement.

Precaution: There is no data available.

Use in pregnancy and lactation: Flax seed oil is not recommended for during pregnancy & lactation.

Children: Flax seed is possibly safe for children in short-term.

Storage: Store below 30°C. Protect from light & moisture. Keep out of reach of the children.

Packing: Each box contains 30 Soft Capsules in blister pack.