



Flaxseed Oil: Rich Source of Beneficial Omega-3s

By Kate Gilbert Udall

Woodland Publishing Inc. Paperback. Book Condition: new. BRAND NEW, Flaxseed Oil: Rich Source of Beneficial Omega-3s, Kate Gilbert Udall, Because the typical American diet may not include a sufficient amount of essential fatty acids (EFAs), it is vital that we include sources of these EFAs in our own diet, because the body cannot produce them on its own. Flaxseed oil is an ideal source of omega-3 fatty acids, specifically alpha linolenic acid. Supplementing the diet with omega-3 oils can promote cardiovascular health, help metabolise cholesterol and fats, and combat auto-immune disorders like rheumatoid arthritis.

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