

# Did You Know?

## Health Support - Flax Facts

Research proves **everyone** needs Omega-3 in their diet, and most people do not consume enough. A shortage of Omega-3 reduces the ability for your body to efficiently function or perform at its best. Omega-3 is vitally important in many areas of adult and child health.

According to the American Heart Association, 80 million Americans are affected by one or more types of cardiovascular disease. Flax Seed is one of the richest sources of the omega-3 fatty acid, ALA (alpha-linolenic acid), a polyunsaturated fat that offers support for heart health benefits.

Scientific studies reporting health benefits for omega-3 fatty acids show that these fatty acids are required for proper infant growth and development.

## Offers Support For:

- Healthy balanced cholesterol levels
- Joint mobility and stiffness
- Healthy blood pressure
- Child development
- Pregnant and breastfeeding women
- Healthy brain function
- Tired muscles and joints
- Eye health
- Mental clarity and focus
- Healthy skin, hair and nails
- Learning disorders
- Behavioral changes
- Balanced mood
- Stress management
- A healthy immune system
- Optimal energy levels - good health

Available in both 500mg



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