

Fabulous Flax Seed

USDA flax seed is 3X cleaned and 99.9% PURE

Flax Seed And Your Blood

Flax seeds have many positive effects on your blood and your overall health. To begin, flax seeds contain Omega-3 fatty acids; these fatty acids are used to produce substances that are able to reduce the formation of potentially fatal blood clots. Consuming foods that are high in Omega-3, such as our golden flax seeds, can help you reduce your risks of heart attack, stroke, and cardiovascular disease.

Furthermore, regular flax seed consumption has been shown in many to reduce the level of total cholesterol in the blood. Even better, incorporating flax seeds into your daily diet may help reduce the "bad cholesterol" or LDL cholesterol in the body, while boosting the HDL, or "good cholesterol." LDL cholesterol is low density lipoprotein that is blamed for causing blocked arteries, strokes, and heart attacks.

On the contrary, HDL cholesterol is known as high-density lipoprotein, which actually helps clear the blood of artery-clogging materials that can lead to a stroke or heart attack. Flax seeds may help you raise or maintain your HDL levels for optimal cardiovascular health. Clearly there is a strong connection between the state of one's blood and the foods that are consumed.

The Flax Seed-Blood Connection

If you are interested in maintaining good health and warding off high cholesterol, obesity, diabetes, hypertension, and cardiovascular disease, flax seeds may be able to help you accomplish this goal. At Fabulousflaxseed.com, we believe wholeheartedly in our golden flax seeds grown in the Heartland with tender loving care. We want you to experience the joy of healthy living and disease prevention through a good diet. To contact us with any questions, concerns, or suggestions, feel free to call toll free at 1-866-613-3529.