

# *Fabulous Flax Seed*

*USDA flax seed is 3X cleaned and 99.9% PURE*

## **Flax Seed Research**

At Fabulousflaxseed.com, we stay on top of the latest flax seed research, as this helps us bring the latest news to all of our customers. We feel proud that we are able to offer consumers a natural whole food product that has a host of health benefits. Whether your concern is losing weight, controlling glucose levels, or warding off cancer and heart disease, flax seeds can certainly be a step in that direction. Research has uncovered the astonishing health properties that come with consuming flax seeds on a regular basis. This Omega-3 rich food is loaded with the protein, vitamins and minerals, and fiber that are known for their preventative properties. People who eat flax seeds daily tend to experience less constipation, less pain, and fewer mood swings than people who do not. Furthermore, flax seeds feed the brain, lower cholesterol levels, help balance hormones, and may even help ward off cancer.

When you stop to think about all of the expensive supplements on the market that promise this or that but do not deliver, it just makes sense to go with a product that has been proven to be beneficial to your health. Science does not lie, and the truth of the matter is that flax seeds may help you prevent illness and disease when consumed daily. All it takes to maintain optimal health is a quarter cup of ground seeds per day--it's as easy as that.

## **Flax Seeds in the News**

If you are ready to take a proactive approach against illness and disease, we invite you to try our delicious golden flax seeds. We firmly believe that you will soon notice a positive difference in the way you feel overall. Only the best golden seed is put in our jar! Many have noticed that their systems become stronger, and the onset of colds and other viruses becomes less frequent. If you have specific questions about flax seed research, please feel free to contact us via email at [sales@Fabulousflaxseed.com](mailto:sales@Fabulousflaxseed.com), or by phone at 1-866-613-3529. As always, we are eager to hear from you.