

Fabulous Flax Seed

USDA flax seed is 3X cleaned and 99.9% PURE

Natural Body Building

If you are into natural bodybuilding and wish to increase your lean muscle mass without resorting to any harsh chemicals or illegal drugs, flax seeds can be a means to that end. Flax seeds contain all the ingredients you would need to lower your body fat and increase your muscle mass naturally. Aside from containing high amounts of Omega-3 essential fatty acids, flax seeds contain high amounts of fiber, protein, vitamins and minerals, and lignans. At Fabulousflaxseed.com, we want you to fully understand how our premium flax seeds can help you reach your bodybuilding goals.

The fiber in our flax seeds contain a special fiber call mucilage, which is responsible for stabilizing blood sugar and acting as a natural laxative for the body. Fiber in flax seeds can keep the digestive system functioning at peak performance, and it can also provide a feeling of fullness. That way, you don't consume empty calories that can deter your efforts to lose fat and increase lean muscle.

Lignans are the natural plant chemicals that contain the molecules to boost the immune system in order to ward off cancer and cardiovascular disease. Lignans are super antioxidants that can truly give free radicals a run for their money. Other vitamins and minerals found in flax seeds include zinc, iron, vitamin E, carotene, B-group vitamins, magnesium, calcium, sulfur, potassium, phosphorous, manganese, silicon, copper, nickel, chromium, and cobalt! It goes without saying that flax seeds offer consumers a vast array of essential vitamins and minerals that can help us stay healthy and fit.

Natural Bodybuilding with Flax Seeds

Moving onto protein, consider that for every 100 grams of flax seeds you consume, you derive 25 to 30 grams of protein. This is great news if you are trying to increase your lean muscle mass through diet and exercise. Furthermore, flax seeds are the ideal source for the essential fatty acid alpha linolenic acid, which enhances insulin sensitivity within the muscle cells. This Omega-3 fatty acid has the ability to construct healthy cell walls, transport oxygen to all the cells in the body, and serve as the number one energy source for the heart muscle. If you are unsure which of our products will help you reach your bodybuilding goals the best, feel free to contact us at 1-866-613-3529. We are more than happy to assist you.