

Frequently Asked Questions About Omega Nutrition Flax Seed Oil

1) What are the quantities of EFAs and nutrients in Omega Flax Seed Oil?

The fatty acid profile for our Flax Seed Oil is: 54% Omega-3, 15% Omega-6, and 21% Omega-9.

2) Why do I need to take Flax Oil Daily?

It is necessary to take flax seed oil daily because Omega Nutrition's cold-pressed flax seed oil delivers Omega-3 and Omega-6, which the human body cannot synthesize. We use about 20 fatty acids to maintain normal function. Our bodies can synthesize all but two, Omega-3 and Omega-6. They must be obtained in proper balance through foods or supplements, which the modern diet does not typically provide.

Omega Nutrition's unrefined, organic flax seed oil is an excellent source of Omega-3 and Omega-6 EFAs. Each tablespoon serving of Omega Nutrition flax seed oil provides 72 IU of Vitamin A and 2.8 IU of Vitamin E (which is a beneficial addition to one's daily intake of antioxidants).

3) Are there any side effects to taking Flax Seed Oil?

Usually only good ones! As with anything, problems can occur when something is taken in excess. Taking too much Flax Seed Oil can overload the liver with fats. The liver is responsible for breaking down and restructuring nutrients and excess fats can hinder the liver's filtering process. The recommended intake is no more than 30% of daily calories from fat.

4) Can I use Flax Seed Oil in salad dressings?

Yes, you can use flax seed oil in salad dressings. Just add your favorite flavorings for a tasty, healthy salad dressing.

5) When should I take my Flax Seed Oil?

You can take your Flax Seed Oil anytime and anywhere, but making it part of your normal routine is best, 1 Tbsp. daily, in a meal or snack.

6) I take my Flax Seed Oil in hot water, is this OK?

The EFAs in Flax Seed Oil are very sensitive to heat and should never be subjected to temperatures above 120°F/49°C. If your water reaches temperatures above this point, you run the risk of compromising the quality of this EFA-rich oil instead add it to your salad dressings, drizzle it over cooked pasta, and more.

7) Should Flax Seed Oil be bitter to the taste?

Fresh oils should not be bitter to the taste. The polyunsaturated fats in Flax Seed Oil tend to oxidize more rapidly than monounsaturated and saturated fats, which can result in a slightly bitter taste. We process our oils at low temperatures to preserve the freshness of

these oils and maintain the natural antioxidant Vitamin E found within the seeds. To ensure that you are purchasing the freshest oil possible, look for the pressing date on Flax Seed Oil bottles and the best before date, also make sure when purchasing from the health food store that the oil is always stored in a cooler.

8) Does Flax Seed Oil have a strong taste?

The taste is slightly nutty but not strong - (although taste is a matter of individual taste)- most of our customers love the taste of Flax Seed Oil. The taste of flax oil can vary slightly depending on the variety of seed. We guarantee with every flax oil product that you are receiving the highest quality, organic, unrefined, nutritional oil available.

9) Can I cook with Flax Seed Oil?

No, Flax Seed Oil has a high essential fatty acid profile and is a cold preparation oil that should be raised to a temperature of no more than 120°F/49°C due to the delicate polyunsaturated fats found in this oil. You can add it to your food after cooking, as well as, include it in cold preparation dressings.

10) What is the yield of cold-pressed Flax Seed Oil from flax seeds?

The cold-pressed omega-flo process yields 37% yield oil from the flax seed, which is equivalent to 3.7 pounds of Flax Seed Oil yielded from every ten pounds of flax seeds.