



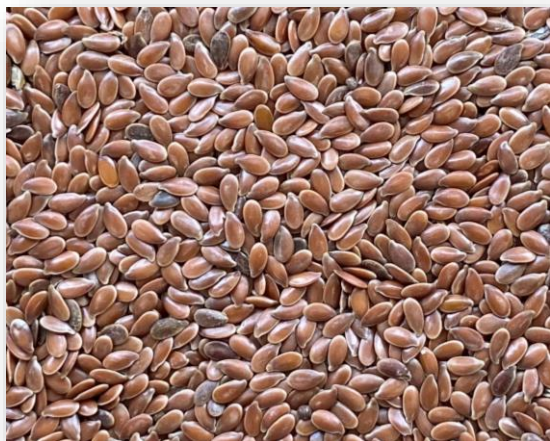
Flax Seed

Uses:

Flax seed is grown for organic and conventional mills; plus, oil press manufacturers. It is marketed for consumption in baked good, pet food, and livestock feed. There is an increasing interest in the use of flax in the beauty industry for skin and hair health.

Health Benefits:

Flax seed packs a lot of benefits in a little seed. It contains omega-3 fatty acids to improve circulation; antioxidants to protect against cell damage; and high levels of fiber to support your digestive health. A bonus is improved skin texture and hair health. Make the most of these benefits by grinding or crushing before consumption.



“We are your Seed Source”

Contact Us!

(306)323-4402 askus@seedsource.ca

Grower: Lyndon Olson Farms Inc.

Conditioner: Seed Source Inc.

Location: Archerwill, SK, Canada

Available Packaging: Tote Bag (1 MT)

25 kg Bag