



BULK WHEY

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Linwood Organic Cold-Milled Ground Flaxseed - BOX OF 10 Pouches

£20.00



www.OrganicFlaxseed.co.uk

**Organic Cold-Milled
Ground Flaxseed -Â Box
of 10Â x425g**

Sealed/Resealable

Pouches! Being one of nature's richest sources of Omega 3 essential fatty acids (ALA), rich in protein, B vitamins, vitamin E, beta-carotene, calcium, potassium, magnesium, manganese and zinc and possessing the benefits of soluble and insoluble fibre, the humble Flax Seed is a mighty addition to your diet! Our lean protein powders are excellent for promoting lean muscle gains but eating a very low-fat diet can actually lead to lowered testosterone levels because your body needs healthy fats in order to produce testosterone. That's why consuming "good" fats is essential for good health and optimum muscle gains. Just add a spoonful to our protein shakes or on your cereal etc! Flaxseed and flaxseed oil are rich in alpha-linolenic acid (ALA)(ALA belongs to a group of substances called Omega-3 fatty acids), an essential fatty acid that is beneficial for heart health. Flax seed taken in oil form however lacks the fibre and lignan components of ground flax seeds (lignans, which are antioxidants, are associated with lower serum cholesterol and may help

reduce oxidative damage to cells and cellular molecules from free radicals), which is why we only stock the ground flaxseed. Our flaxseed is from [Linwoods](#) and produced in Canada. Canadian flaxseed is renowned for being of the very highest quality worldwide! Our Organic Flax Seed has been prepared using a gentle "Cold Milled" process to preserve to nutrients intact and to aid quick and easy absorption into the body (having the seeds ground allows easier absorption of the special nutrients within). Flaxseed contains both soluble and insoluble fibre. About one-third of the fiber in flax seed is soluble. soluble fiber can aid in lowering cholesterol and regulating blood sugar levels.

Ingredients: 100% Ground Organic Flaxseed.

- Nutritional Information -	Per 100g
Energy	2111kj/510kcal
Protein	21.9g
Carbohydrate (of which sugars)	1.7g (1.7g)
Fat	46.2g
(of which Saturates)	4.2g
(of which Polyunsaturates)	31.2g
Omega 3 (ALA)	24.1g
Omega 6 (Linoleic Acid)	7.1g
(of which Monounsaturates)	8.7g
Omega 9 (Oleic Acid)	8.7g
Fibre	28.9g
Sodium	Trace
Calcium	265mg
Iron	7mg

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[Vendor Information](#)

Customer

Reviews:

**philhazell
(Saturday,
24 April
2010)**

Rating:



My wife and I have been using Ground Flax Seed for about 8 months. We brought some home from USA last year when our neice introduced us to it. Linwoods is the best we have tried, it has a pleasant taste and texture. It is the best source of fibre we have found and it sure works wonders within the body. We take it at breakfast, my wife with flakes and myself with porridge. Bulk Whey supply it at the most competitive price and long may they reign. Give it a try, you won't

regret it. Phil
and Jackie.