



NATURE'S SUNSHINE

Flax Seed Oil (With Lignans)

GOOD FOR

Cardiovascular system

Immune System

Heart

SIZE 60 softgels

ITEM # 1583

SERVING 2

SUPPLY 10 days

DIRECTIONS FOR USE Take 2 softgels with a meal three times daily.

— How the Key Ingredients Work

Flax Seed Oil with Lignans brings together the plant's most valued nutrients — omega-3, omega-6, and omega-9 fatty acids alongside naturally occurring lignans — to support your heart, digestion, and overall balance. It's a simple, whole-food way to fill in the gaps that a busy modern diet often leaves behind.

Flaxseed (Whole Plant Benefit) — Flaxseed has been prized for centuries — its Latin name literally means 'very useful.' The whole seed delivers fiber, healthy fats, and protective plant compounds all at once, making it one of nature's most well-rounded additions to a daily wellness routine.

Flaxseed Lignans (SDG) — Lignans are natural plant compounds found in especially high amounts in flaxseed. They act as antioxidants in the body, helping to neutralize everyday oxidative stress. Research shows flaxseed lignans support the body's own built-in defenses, keeping cells feeling their best over time.

Alpha-Linolenic Acid — ALA (Plant Omega-3) — ALA is the omega-3 fat that flax is famous for. As a plant-based source of this essential fatty acid, flax seed oil helps support healthy arteries, a balanced inflammatory response, and overall cardiovascular wellness — all from a single, easy-to-take softgel.

Omega-3 Fatty Acids — Heart & Mood Support — Omega-3s are well-studied for their wide-ranging benefits. Research links them to healthier triglyceride levels, better arterial function, and even a calmer, more balanced mood. A 2024 review of 23 studies found meaningful support for everyday feelings of calm at higher intake levels.

Omega-3 Fatty Acids — Skin Clarity — Beyond the heart, omega-3s also show up in skin research. Studies suggest they help reduce the kind of low-grade inflammation that can show up on the skin's surface, with some trials reporting noticeable improvements in skin appearance and clarity over time.

Linoleic Acid — Omega-6 (LA) — Linoleic acid is an essential omega-6 fat your body cannot make on its own — you have to get it from food or supplements. It plays a key role in maintaining healthy skin by supporting the skin's natural barrier, and research connects healthy LA levels to clearer, better-balanced skin.

Omega-6 Fatty Acids — Immune & Inflammatory Balance — Omega-6 fats, particularly the GLA family, help the body manage its immune responses. Research in autoimmune-related conditions shows that the right omega-6 compounds can help keep the body's defenses working in a balanced, measured way rather than going into overdrive.

Omega-6 Fatty Acids — Joint Comfort — GLA-rich omega-6 oils have been studied in clinical trials for joint comfort, particularly in people dealing with inflammatory joint concerns. The research suggests these fats may help ease everyday stiffness and discomfort by supporting a healthier inflammatory environment in the joints.

Omega-9 Fatty Acids (Oleic Acid) — Oleic acid is the same heart-friendly fat celebrated in the Mediterranean diet. It supports healthy arteries by helping keep LDL cholesterol from oxidizing and by encouraging good endothelial function — essentially helping your blood vessels stay flexible and responsive.

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