

FLAX SEEDS 101

A Tiny Seed with Big Benefits



A handwritten signature in black ink, appearing to read "Muhammad Shafqatullah".

Muhammad Shafqatullah
Nutrition & Weight Loss Consultant
HealthKare360.com

FLAX Seeds 101

A Tiny Seed with Big Benefits

Flax seeds are considered a superfood due to their exceptional nutritional profile. Rich in omega-3 fatty acids, fiber, and plant-based protein, they support heart health, digestion, and weight management. Their high lignan content provides antioxidant and anti-inflammatory benefits, potentially reducing the risk of chronic diseases. Flax seeds help regulate cholesterol, blood sugar, and blood pressure, making them a powerhouse for overall wellness. They also promote healthy skin and brain function. Best consumed ground for optimal nutrient absorption, flax seeds can be easily added to smoothies, oatmeal, or baked goods. Their versatility and health benefits make them a true superfood.

NUTITIONAL FACTS OF FLAX SEEDS PER 100 GM

Flax seeds are highly nutritious and packed with essential nutrients. Here's a breakdown of their nutritional content per 100 grams:

- Calories: 534 kcal
- Protein: 18.3 g
- Carbohydrates: 28.9 g
 - Fiber: 27.3 g
 - Sugars: 1.5 g
- Fats: 42.2 g
 - Omega-3 (ALA): 22.8 g
 - Omega-6: 5.9 g

KEY MINERALS IN FLAX SEEDS:

Magnesium – 392 mg (Supports muscle and nerve function, heart health)

Phosphorus – 642 mg (Essential for bone health and energy production)

Calcium – 255 mg (Strengthens bones and teeth)

Potassium – 813 mg (Regulates blood pressure and muscle contractions)

Iron – 5.7 mg (Vital for red blood cell production)

Zinc – 4.3 mg (Boosts immune function and wound healing)

Manganese – 2.5 mg (Supports metabolism and bone health)

KEY ANTIOXIDANTS IN FLAX SEEDS:

Flax seeds are rich in antioxidants, primarily due to their high lignan content.

Lignans are polyphenols that have powerful antioxidant and anti-inflammatory properties, helping to reduce oxidative stress and protect against chronic diseases. Flax seeds contain up to 800 times more lignans than most other plant foods.

KEY ANTIOXIDANTS IN FLAX SEEDS:

- Lignans – Help balance hormones and reduce cancer risk.
- Omega-3 Fatty Acids (ALA) – Reduce inflammation and protect cells.
- Vitamin E – Supports skin health and immune function.
- These antioxidants contribute to heart health, lower cholesterol, and may slow aging by combating free radicals.

A handwritten signature in black ink, appearing to read "Dr. Arun Kumar". The signature is fluid and cursive, with a large, sweeping initial 'D'.

**Health is a choice
Learn how to choose it!**



+14168579786



HEALTHKARE360.COM

