

Flaxseed Oil:

Flax, also known as linseed (*Linum usitatissimum*), is native to the region extending from the eastern Mediterranean to India and was probably first domesticated in the western Asia. Flax was extensively cultivated in ancient Ethiopia and ancient Egypt. In a prehistoric cave in the Republic of Georgia, dyed flax fibres have been found that date to 30,000 BC. The flowers are pure pale blue with five petals. The fruit is round and shaped like dry capsule, containing several glossy brown seeds like an apple pip.

Flax is grown both for its seeds and for its fibres. Various parts of the plant have been used to make fabric, dye, paper, medicines, fishing nets, hair gels, and soap. Flax seeds come in two basic varieties: (1) brown; and (2) yellow or golden. Most types have similar nutritional characteristics and equal amounts of short-chain Omega-3 fatty acids. Although brown flax can be consumed as readily as yellow, and has been for thousands of years, it is better known as an ingredient in paints, fibre and cattle feed.



Flax seed sprouts are edible, with a slightly spicy flavour.

Flax seeds contain high levels of dietary fiber including lignans, an abundance of micronutrients and Omega-3 fatty acids. Flax seeds may lower cholesterol levels, especially in women. Initial studies suggest that flax seeds taken in the diet may benefit individuals with certain types of breast and prostate cancers. Flax may also lessen the severity of diabetes by stabilizing blood-sugar levels. There is some support for the use of flax seed as a laxative due to its dietary fibre content though excessive consumption without liquid can result in intestinal blockage. Consuming

large amounts of flax seed may impair the effectiveness of certain oral medications, due to its fibre content.

Flax seed is the source of linseed oil, which has used as an edible oil, as a nutritional supplement and as an ingredient in many wood finishing products. Flax seed oil is a clear to yellowish oil obtained from the dried ripe seeds of the flax plant. Food-grade flaxseed oil is cold-pressed, obtained without solvent extraction, and marketed as edible flaxseed oil. Fresh, refrigerated and unprocessed, flaxseed oil is used as a nutritional supplement. It contains the highest level of Omega-3 fatty acids among vegetable oils, especially alpha-linolenic acid, which may be beneficial for reducing inflammation leading to atherosclerosis, preventing heart disease and arrhythmia, and is required for normal infant development. Regular flaxseed oil contains between 52 and 63% alpha linolenic acid (Omega-3) which helps increase insulin sensitivity, increased HDL cholesterol and decreased LDL oxidation. Therefore, flaxseed oil is highly beneficial for diabetics.

A small study demonstrated that flaxseed oil benefited patients suffering from Sjögren's syndrome. This syndrome causes an autoimmune response, in which the body attacks its own salivary and tear glands, among other symptoms. Taking 1 to 2 g of flaxseed oil daily improved the dry eyes of the study's subjects.



**TGREEN
TOSCA**

Flaxseed Oil:

Green Tosca Flaxseed Oil contains abundant of Omega-3 and has a pleasant nutty flavour. Cold pressed and extra virgin, **Green Tosca** Flaxseed Oil maintains maximum nutrition. It is packaged with nitrogen in a light proof container to retain its natural goodness. As a highly polyunsaturated natural oil, **Green Tosca** Flaxseed Oil has the richest source of the valuable Omega-3 essential fatty acid. The nutty taste makes it great to drizzle over salads or mixing with cereals and cottage cheese.

Green Tosca Flaxseed Oil is best used for mixing with meals; salad dressings; marinades; and as substitution to other oils or butter.

Green Tosca Flaxseed Oil comes in 375ml & 500ml glass bottle; 2L mini drum: and 10L bag in box.

Note: Changes in temperatures may cause some natural waxes/gums to solidify and settle. This does happen at times and found only with *genuine natural cold pressed oils*. A refined and deodorized oil have these "impurities" removed.