

Huile de LIN

An exceptional source of alpha-linolenic acid



Ref : 3007

NUT/PL 944/16

Presentation :

Jar of 120 capsules in fish and glycerol gelatine

Directions :

1 capsule per day or as advised

Do not use:

No known cases

Huile de lin Linseed oil is a source of edible vegetable oil very rich in alpha-linolenic acid. The leader of fatty-acid in the omega 3 family

The repartition in unsaturated and polyunsaturated fatty-acid of linseed oil is particularly interesting:

- about 58% of alpha-linolenic acid (omega 3)
- 48% of linolenic acid (omega 6)
- 18% of oleic mono unsaturated acid (omega 9)

An balanced input between saturated, mono unsaturated and polyunsaturated fatty-acid 3-6-9 is fundamental to contribute to the balance, to the health and to a better control of the inflammatory balance.

The consumption of linseed allows an improvement of the ratio omega6/omega3 that should ideally be among 5 (5 omega6 for 1 omega3)

Composition for 1 capsule: linseed oil: 500mg – Vitamin E : 6.7mg