

## **Flaxseed oil: روغن بذر کتان**

Flaxseed oil, also known as flax oil or linseed oil is known for its many health benefits, including lowering inflammation and reducing cancer risk. It is made from flax seeds that have been ground and pressed to release their natural oil. The reason this oil is so healthy is that it has a high concentration of omega-3 fatty acids called alpha-linolenic acid (ALA) which decrease swelling and inflammation and lower cholesterol levels and support immune system. The body uses ALA from flaxseed oil and converts it to other fatty acids, including docosahexaenoic acid and eicosapentaenoic acid. Flaxseed oil is one of the richest sources of lignans, which are antioxidant and anti-inflammatory compounds that reduce the risk of breast cancer.

**Botanical Name :** Linum Usitatissimum

**INCI Name:** Linum Usitatissimum Seed Oil

**Commercial Name:** Flaxseed Oil

**Country of Origin:** Iran

**Brand Name:** Nice life

**Plant Parts:** Seed

**Purity:** 100% pure and natural

**Extraction method:** Cold press

**Storage:** store in cool, dry place in tightly sealed containers, protected from heat and light

**Description:** No Color Added, No Artificial Flavors, No Preservatives, Cold pressed, filtered, Unrefined, Undiluted, 100% Pure, Free from Solvent, No added ingredients or additives

**Constituents:** Omega-3 fatty acids, Proteins, Fibers, Phenolic compounds (lignans), Minerals

### Chemical & Physical Property

Appearance	Clear Liquid
Saponification Value	188 – 200
Refractive Index @ 25 °C	1.478 – 1.485
Acid Value (mg KOH/g)	4.0 max

### Fatty Acid Profile (%)

Oleic acid (C 18:1)	11 – 35
Linoleic acid (C 18:2)	10 – 45
Linolenic acid (C 18:3)	45 – 70

**Packing Range:** 10Kg, 20Kg (or according to customer request)

**Packing type:** Plastic drum & Barrel

**Benefits:** decreases skin cell inflammation and promoted regenerative functions, supplementation improved skin sensitivity, hydration, and overall condition, reduced skin redness and roughness, and increased repair of skin cells. It can also decrease inflammatory markers (histamine, bradykinin, prostaglandin E2, and leukotriene B4), flaxseed oil provides nutrition for hair follicles, lower inflammation associated with hair loss, dandruff, and other unhealthy scalp conditions, provides additional nourishment for hair follicles and moisturizes the strands.