



## What is? ALTOS FLAX OIL CAPSULE

Flaxseed is the seed from the plant **Linum Usitatissimum**. The seed or the seed oil is used to make medicine. Flax, also known as **Common Flax or Linseed**, is a member of the **genus Linum** in the **family Linaceae**. It is a food and fiber crop, cultivated in cooler regions of the world. Altos Flax oil capsule contains flax seed oil.

## Why people should? EAT ALTOS FLAX OIL CAPSULE

Altos Flax oil capsule contains natural **Vitamin- E, Omega-6, Omega- 9 fatty acids**. These serve as **potent antioxidant** & it is beneficial in maintaining cholesterol level. It is considered to be nature's **richest source of Omega-3**. It is great for heart well-being and whole Body Nutrition.



## Benefits

- ✓ It is a great source of Fibre.
- ✓ It has high amount of Antioxidant.
- ✓ It has Anti-inflammatory properties.
- ✓ It is healthy for Hairs.
- ✓ It is good for Healthy Heart.
- ✓ It is beneficial for weight control.
- ✓ It helps to Lower Blood Pressure.
- ✓ It is good for Digestion & Healthy Joints.
- ✓ It has Anti-Ageing Properties.
- ✓ It helps to Boost Immune System.
- ✓ It helps to Regulate Blood Sugar Level.
- ✓ It is helpful for Women undergoing Menopause.

## Dosage

Take 1-1 Capsule Morning & Evening after food or as directed by the physician.



## Note

- \* Eat fresh fruits & vegetables
- \* Take a glass of milk every day