



PRODUCT OVERVIEW

Flax, also known as common flax or linseed, is a flowering plant. Flaxseed Oil is a highly unsaturated oil extracted from flax seeds, known for its exceptional Omega-3 fatty acid content.

BENEFITS



- Supports cardiovascular-friendly nutrition profiles
- Contributes to essential fatty acid intake
- Plays a role in maintaining normal lipid metabolism
- contributes to the maintenance of normal cholesterol levels
- Suitable for plant-based nutritional formulations
- Superior source of ω -3 polyunsaturated fatty acids (PUFAs)

FLAXSEED OIL



COLD PRESSED

Sourcing & Processing

- Derived from carefully selected flax seeds
- Cold-pressed to preserve ALA (Omega-3) integrity
- Processed under low oxygen exposure to reduce oxidation

Applications

- Salad oils & cold consumption
- Nutraceutical capsules & blends
- Functional food fortification



THE BRAKSA COMPARISON: Pure Flaxseed Oil vs. Fish Oil

Feature	BRAKSA Pure Flaxseed Oil (Plant-Based)	Typical Fish Oil (Marine-Based)
Origin & Sourcing	100% <i>Linum usitatissimum</i> from California sustainable farms	Harvested from wild-caught cold-water fish
Key Omega-3 Compound	Rich in Alpha-Linolenic Acid (ALA)	Rich in Eicosapentaenoic Acid (EPA) & Docosahexaenoic Acid (DHA)
Dietary Lifestyle Compatibility	Vegan, Vegetarian, & Planet-Friendly	Non-Vegetarian; Marine Life Reliance
Aroma & Taste	Nutty, Clean, & Gentle	Can have a fishy or marine aroma
Other Unique Nutrients	Contains beneficial Lignans, Fiber precursors, and Antioxidants	Often only contains specific marine fats
Environmental Impact	Low footprint; supports sustainable agriculture	High footprint; pressure on marine ecosystems
Overall Purpose (per serving)	Balanced, diverse wellness support with high ALA content	Targeted support for heart, eye, and cognitive health

*Recommended Dietary Allowance calculated on the basis of 2000 kcal

NUTRITIONAL INFORMATION - FLAXSEED OIL, 100ml

Serving Size, 10ml

10 serves per container

Parameters	Per 100ml	Per Serve (10ml)	%RDA Per Serve
Energy, Kcal	870.3	87.0	4%
Carbohydrates, g	0.00	0.0	-
Total sugar, g	0.00	0.0	-
Added sugar, g	0.00	0.0	-
Dietary Fiber, g	0.00	0.0	-
Protein, g	0.00	0.0	-
Total Fat, g	96.70	9.7	14%
Saturated fat, g	6.80	0.7	3%
Trans fat, g	0.00	0.0	0%
Polyunsaturated Fatty Acids (PUFA), g	69.40	6.9	-
Monounsaturated Fatty Acids (MUFA), g	20.40	2.0	-
Cholesterol, mg	0.00	0.0	-
Sodium, mg	0.00	0.0	0%

*Approximate values

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OUR UNIQUENESS

Among the richest plant-based Omega-3 sources, making it a key oil in health-focused product lines.