



Flax Seed Oil

Cold-Pressed
Certified Organic & Conventional



Flax Seed Oil

A excellent plant based source of Omega 3 from Brown Linseed

What is Brown Flax Seed Oil

Bio Oils' Flax Seed Oil is cold-pressed from either certified organic or conventional linseed (*Linum usitatissimum*) grown in the rich, fertile soils of the Central South Island of New Zealand, in the shadow of the beautiful Southern Alps. This region produces some of the world's finest quality linseed, resulting in a premium quality Flax Seed oil. Our Flax Seed Oil is cold-pressed, extra virgin, rich in Omega 3 ALA and GMO free.

Health Benefits

Flax Seed Oil is one of nature's richest plant sources of Omega 3 (ALA)¹ and highly recognised for its therapeutic and anti-inflammatory benefits attributed to its unique chemical composition. Flax Seed Oil grown in New Zealand provides some of the highest levels of Omega 3, Alpha Linolenic Acid (typically 61%), essential for well-being. Research shows Flax Seed Oil is associated with many health benefits including:

- Reduced risk of cardiovascular diseases².
- Increased bone density, improved brain function, and cell growth inhibition for certain cancer types².
- Reduced blood pressure and cholesterol levels³.

Country of Origin

Grown, produced and packaged in New Zealand

Available Bulk Packaging: 20L/18.6kg HDPE Drum, 200kg Steel Drum, 915kg Tripak (cardboard IBC)



Nutritional Information

Nutrition Information		
Serving Size: 15ml (1 Tbsp)		
	Average Quantity per Serving*	Average Quantity per 100ml†
Energy	520 kJ	3400 kJ
Protein	0 g	0 g
Fat, total	14 g	93 g
- saturated	1.2 g	7.8 g
- trans	0 g	0 g
- polyunsaturated	11 g	72 g
- alpha linolenic acid (omega 3)	8.5 g	57 g
- monounsaturated	1.9 g	13 g
Carbohydrate	0 g	0 g
- sugars	0 g	0 g
Sodium	0.1 mg	0.7 mg
Gluten	0 mg	0 mg

Ingredients: Cold Pressed, Unrefined, Extra Virgin Flax Seed Oil (100%)

Note: Average quantity shown in g per ml

*Subject to natural variation. All specified values are averages



Functional Properties

Omega 3; ALA
Omega 6; LA
Omega 9; Oleic Acid
Vitamin E

Certified Organic
or Conventional



Uses & Applications

Clear, golden oil with slight nutty flavour.

Nutraceutical; dietary supplements.

Nutrition/food; edible oil, functional food ingredient, smoothies, shakes, salad dressings, dips, vinaigrettes.

Cosmetic; applied directly to the skin as a face/body moisturiser.

Inclusion in cosmetic creams to aid hydration.

Animal food; as a functional ingredient.

Stability: 12 months from date of manufacture. Keep cool and away from direct sunlight.

1 - Kajja, P., Sharma, A., & Sood, D. R. (2016). Flaxseed—a potential functional food source. *Journal of food science and technology*, 52(4), 1857–1871. <https://doi.org/10.1007/s13197-014-1293-y>

2 - Al-Madhagy, S., Ashmawy, N. S., Mamdouh, A., Eldahshan, O. A., & Farag, M. A. (2023). A comprehensive review of the health benefits of flaxseed oil in relation to its chemical composition and comparison with other omega-3-rich oils. *European journal of medical research*, 28(1), 240. <https://doi.org/10.1186/s40001-023-01203-6>

3 - Mozaffarian, D., & Wu, J. H. (2011). Omega-3 fatty acids and cardiovascular disease: effects on risk factors, molecular pathways, and clinical events. *Journal of the American College of Cardiology*, 58(20), 2047–2067. <https://doi.org/10.1016/j.jacc.2011.06.063>