

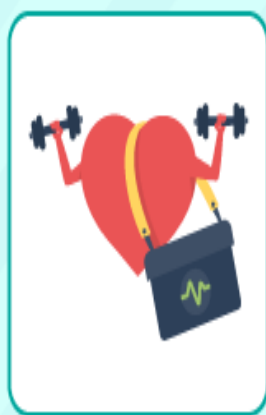
Benefits Of Flaxseeds For Children



Provides vital nutrients, such as omega-3 fatty acid



Improves mental fatigue



Promotes healthy heart



Can be used as a laxative agent



May help reduce inflammatory diseases symptoms

References:

1. The effect of flaxseed on physical and mental fatigue in children and adolescents with overweight/obesity: a randomised controlled trial; Cambridge University Press
2. A Review of the Health Benefits of Flaxseeds; Pennington Biomedical Research Center
3. Flaxseed; UC San Diego Health