

Article number: 5006

**Physical properties:** Intensive yellow to orange drying oil.

**Freezing point:** Approx.  $-23^{\circ}\text{C}$ .

**Relative density:** At  $20^{\circ}\text{C}$  approx.  $0.929\text{ g/cm}^3$ .

**Main ingredients:** Unsaturated fatty acids, in particular alpha-linolenic acid (C18:3) approx. 54%, linoleic acid (C18:2) approx. 20%, and oleic acid (C18:1) approx. 16%, lecithin, vitamins.

This oil has nutty and buttery taste; it can be added to salad dressings or to finished meals. It mustn't be warmed so it is necessary to add it only after the meal is ready. The taste changes very fast and it goes bitter almost immediately after pressing. Linseed oil is recommended for keeping the elasticity of healthy skin, nails and hair. It is a suitable dietary supplement for treating heart diseases and metabolic problems (thyroid gland, constipation). It can ease menstrual problems and pains connected with fibrocystic breast disease, reduce the cholesterol level, strengthen digestion and help with weight reduction. It is beneficial in the treatment of cancer, thanks to a high content of lignin in cold pressed linseed oil.

**Non-dietary use:** This oil soothes irritated and inflamed skin. It is included in massage and regenerative preparations. It finds application in cosmetic preparations for oily skin, and also in oil blends. Long-term use may lead to dry skin because it decreases the production of sebum. It is recommended for treating skin with acne or injuries like frostbites and burns.

**Note:** The oil dries up and goes rancid!

**INCI:** Linum usitatissimum Seed Oil

**Storage:** The stated expiry date can be substantially extended by keeping the product in a dark and cold place (ideally in a fridge at  $6-10^{\circ}\text{C}$ ).

Best before the date indicated on the packaging. Batch number and volume are indicated on the packaging.

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