



flax

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Cruising Review

Flax: Publications and Research from SwissMixIt



This webpage QR code

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Flaxseed is cultivated in many parts of world for fiber, oil as well as for medicinal purposes and also as nutritional product.

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PDF Version of the webpage (first pages)

https://cruisingreview.com/smx/flax.html

Flax Botanical Information

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Keywords: flax, flaxseed, cancer, cardiovascular, microbiome, diabetes, menopause, nutraceutical, functional food, alpha linolenic acid, Lignans, Health benefits, Bakery products, dietary fiber, nutraceuticals, detoxification

Description and Research Abstract: Flaxseed is cultivated in many parts of world for fiber, oil as well as for medicinal purposes and also as nutritional product.

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Flaxseeds (*Linum usitatissimum* L.) are oilseeds endowed with nutritional constituents such as lignans, lipids, proteins, fibre, carbohydrates, and micronutrients. Owing to their established high nutritional profile, flaxseeds have gained an established reputation as a dietary source of high value functional ingredients.

Based on the results of clinical trials, epidemiological investigations and experimental studies, ingestion of ALA has been suggested to have a positive impact on Coronary artery disease (CAD). Because of its high ALA content, the use of flaxseed has been advocated to combat CVD.

It may have anticancer property. At some extent, SDG helps in bone development. Cyanogenic glycosides and linatine are antinutrients in flaxseed. As compared to soyabean and canola, flaxseed antinutrient effect on human health is very less. Researchers reported that flaxseed incorporated food products can have good consumer acceptability along with its nutritional benefits.

GC-MS analysis of oils confirmed the presence of PUFA like oleic, linoleic, linolenic and ricinoleic acid that are beneficial in wound healing and skin tissue regeneration. Our studies demonstrate that gel formulations prepared incorporating natural oils like black cumin, chicken skin and flax seed oil exhibit significant wound healing properties and may prove beneficial in burn wound management. Some studies have shown that the intake of omega-3 fatty acids is related to the reduction of breast cancer risk. In animal studies, α -linolenic acids have been shown to be able to suppress growth, size, and proliferation of cancer cells and also to promote breast cancer cell death. Other animal studies found that the intake of flaxseed combined with tamoxifen can reduce tumor size to a greater extent than taking tamoxifen alone. Additionally, some clinical trials showed that flaxseed can have an important role in decreasing breast cancer risk, mainly in postmenopausal women. Further studies are needed, specifically clinical trials that may demonstrate the potential benefits of flaxseed in breast cancer.
