

Caption: Flax seeds and flowers. Flax (Linus ustatissimum) seeds are the source of linesed, which is rich in omega 3 olis. As such, the seeds or their olis are often taken as a dietary supplement. The plant has long been used in herbal medicine as a laxative, and influsions have been used to treat coughs. Cover credit: BILDAGENTUR-ONLINE/TH FOTO/SCIENCE PHOTO UBRARY.

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