

Flax Seeds

Melanic Organic | Full Product Listing

Product Type	Whole Seed / Superfood
Botanical Name	Linum usitatissimum
Key Nutrients	Omega-3 ALA, dietary fiber, lignans
Best Used For	Smoothies, baking, oatmeal, yogurt, homemade flax gel
Free From	Additives, preservatives, GMOs

Product Overview

Add a simple, nutrient-dense boost to your daily meals with Melanic Organic Flax Seeds. Sourced from premium *Linum usitatissimum* plants, these whole seeds are naturally rich in omega-3 fatty acids, dietary fiber, and plant lignans — making them a versatile staple for smoothies, baked goods, oatmeal, yogurt, and homemade flax gel for hair styling.

Melanic Organic Flax Seeds are cleaned and packaged with care, free from additives, preservatives, or GMO ingredients. For best nutrient absorption, seeds can be ground fresh at home just before use.

Key Benefits

- Naturally rich in plant-based omega-3 fatty acids (ALA)
- High in dietary fiber to support healthy digestion
- Contains plant lignans, a source of natural antioxidants
- May help support satiety when added to meals
- Versatile whole seed for smoothies, baking, and homemade flax gel
- Whole, unprocessed seeds that retain their natural nutrient profile
- Non-GMO with no additives or preservatives
- Simple, single-ingredient pantry staple

Who Should Use This

- Anyone looking to add more fiber and plant-based omega-3s to their diet
- Those following a vegetarian or vegan diet seeking plant-based ALA sources
- Home bakers looking for a natural egg-substitute ingredient (flax egg)
- Natural hair enthusiasts who make homemade flaxseed gel for styling
- Anyone building a simple, whole-food pantry staple collection

When & How to Use

In meals: Add 1-2 tablespoons of ground flax seed to smoothies, oatmeal, yogurt, or baked goods.

Grinding: For best nutrient absorption, grind whole seeds in a coffee or spice grinder just before use, since ground flax oxidizes faster than whole seed.

Flax egg substitute: Mix 1 tablespoon ground flax with 3 tablespoons water and let sit until it thickens, for use as an egg replacement in baking.

Flaxseed gel for hair: Simmer whole flax seeds in water to create a natural styling gel for curls and edges.

Key Ingredients

Whole Flax Seeds (*Linum usitatissimum*): A whole-food source of omega-3 ALA, dietary fiber, and plant lignans, traditionally used in cooking, baking, and natural hair care.

Why Choose Melanic Organic

Purity You Can Trust — Clean, whole flax seeds with no additives, preservatives, or GMO ingredients.

Whole-Food Simplicity — A single-ingredient staple that fits easily into any diet or routine.

Rooted in Nature, Backed by Care — We combine time-honored nutritional traditions with modern quality standards.

Rigorously Tested — Our seeds undergo quality testing to help ensure purity and freshness.

Sustainably Sourced — We partner with responsible growers to source flax seeds thoughtfully.

Made for Real, Everyday Wellness — Melanic Organic is built around simple, honest staples designed to support your natural rhythm — not gimmicks or trends.

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Consult a healthcare professional before use, especially if pregnant, nursing, or managing a digestive condition. Drink plenty of water when consuming flax seeds due to their fiber content.