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1. PRE-WORKOUT SMOOTHIE RECIPE. The idea of a pre-workout snack is to make sure you have enough energy and sufficient stamina to give your workout all you've got. PLUS: Flax Oil Usage Tips, Why You Should Avoid Flaxseed Oil Capsules & Delicious, Healthy Flax Seed Recipes . You may be surprised to find out that many health benefits of flaxseed oil are, in fact, weight loss benefits – that's why you will want to include flax oil in your daily diet in a variety of ways. Flaxseed. Flaxseed, flaxseed oil and lignen are all products of flax, one of the first crops to be domesticated. Flaxseed has long been used for nutritional and medicinal purposes. This Dr. Axe content is medically reviewed or fact checked to ensure factually accurate information. With strict editorial sourcing guidelines, we only link to academic research institutions, reputable media sites and, when research is available, medically peer-reviewed studies., Flaxseed Recipes Delicious Recipes Metabolism.

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