



Press Release

FOR IMMEDIATE RELEASE

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Foods Alive Launches Organic Raw, Golden Flax Seed

Packed with dietary fiber, micronutrients & omega-3 fatty acids

Waterloo, Indiana (March 8, 2010) – The leading crafters of life-giving, mineral-rich, organic foods have added yet another certified organic superfood to its lineup. Foods Alive organic **Golden Flax Seeds** are grown and harvested in the USA and Canada. The use of flax for the production of linen goes back at least to ancient Egyptian times. Now, **Foods Alive** offers this wonderful superfood for you and your family. They offer the cleanest and best tasting organic golden flax seed on the market because they receive samples from several certified organic flax farmers and make each sample into both their crackers and cold pressed flax oil. Then after careful consideration, they choose the best one!

Flaxseeds are a great source of so many of the enzymes and nutrients your body needs, including protein, vitamins, phytonutrients, lignans, and fiber. By eating flax, it will help to promote normal cholesterol levels, digestion should improve, and one should generally feel better. Flaxseeds are 35% oil and 55% of that oil includes the crucial omega fatty acids. Remember, both omega-3 and omega-6 are essential oils that should be included in one's diet to promote good heart health. The lignans found in flax are also low-glycemic carbohydrates; therefore, they slow the absorption of sugar in the intestinal tract, so flax helps to promote normal blood sugar levels as well. Foods Alive suggests that customers add organic golden flax seeds to their favorite granolas, yogurts, energy bars, crackers, soups, sauces, dips, or breads or sprinkle them on salad, pasta and more.

Foods Alive Golden Flax Seeds are certified organic, raw, gluten free, vegan and kosher and are packaged in a 14-ounce re-sealable stand-up bag with a suggested retail price of \$6.99. Golden Flax Seeds are a staple in the popular Raw Super Foods line at Foods Alive, which also includes Cacao Powder, Maca Powder, Hulled Hemp Seeds, Goji Berries, Jungle Peanuts and more. Foods Alive products are available at Whole Foods Markets, hundreds of other stores across the United States, and many leading web retailers including Amazon.com and Puritan's Pride.

About Foods Alive - Food to Nourish Your Body, Mind & Soul

Since 2002, Foods Alive has been providing mineral rich and nutrient dense, organic, raw foods, making it easy for people to gain the essential nutrition needed to not just sustain, but to thrive throughout the day. Everything created at Foods Alive is of the deepest integrity, from our family to yours. For more info, please visit

www.foodsalive.com

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