

PERFECT PRESS FLAX OIL

OWNER'S HANDBOOK

How to use — **and benefit from** —
your Perfect Press Flax Oil.

ACTIVATION



INTRODUCTION

First, let us extend our thanks for purchasing your very own bottle of Perfect Press Flax Oil.

We hope this purchase will help you on your path to better health. We have no doubt it will.

Clearer skin, stronger hair, healthier organs and a better immune system are just some of the benefits you can expect from taking flax oil.

In this handbook, you'll discover...

- **General use instructions**
- **Five custom tips for better health using flax oil**
- **10 benefits of flax oil**
- **Answers to frequently asked questions**
- **Success stories shared by customers, just like you, to get you excited about living a healthier life with flax oil**



A hand is holding a small, dark glass bottle of Perfect Press Flax Oil. The bottle has a black cap and a label with the brand name 'PERFECT PRESS' in gold, 'FLAX OIL' in white, and a blue flower illustration. Below the flower, it says 'DIETARY SUPPLEMENT' and '3.4 FL. OZ. (100ML)'. The bottle is positioned next to a glass bowl filled with a green salad. The background is a wooden surface with some flax seeds scattered on it.

GENERAL USE

Every body needs different nutrients. Because flax oil is an all-natural product, the amount you take is ultimately up to you.

Be alert to how your body reacts to the flax oil and adjust your dosage accordingly.

We recommend: 1 to 3 teaspoons daily. If you are taking 2 teaspoons daily, one bottle of Perfect Press Flax Oil will last you about a month.

Our recommended dose is enough to give most bodies the nutrients it needs and to benefit from what flax oil has to offer.

The great thing about flax oil is that you can both drink it and use it on your skin and hair for a wide range of different benefits.

Remember, though, that in order to get those benefits and see the best results, you should use this oil daily.

Need more? [Click here to stock up.](#)

You may be wondering what the benefits of flax oil are. Over the next few pages, you'll not only discover many ways to use the oil, but you'll also learn about the amazing things flax oil can do for your body.

FLAX OIL

PRO TIPS

You can maximize your flax oil experience by following these five suggestions...

PRO TIP # 1:

Add flax oil to your smoothie in the morning for a mood and energy boost, thanks to the of omega—3 fatty acids.

PRO TIP # 2:

Rub it on your skin to lock in moisture and keep your skin soft and clear.

PRO TIP # 3:

Rub it onto your scalp and hair before shampooing for relief from scalp irritation and to prevent breakage.

PRO TIP # 4:

Mix it into high-quality plain yogurt if you're having digestive issues. The omega—3s in flax oil are anti-inflammatory and can relieve symptoms of digestive problems like IBS. The yogurt will provide you with natural probiotics. Add some puréed fruit or honey for a little sweetness.

PRO TIP # 5:

Take a little extra flax oil whenever you're feeling under the weather, to boost your immune system.



10 BENEFITS OF FLAX OIL

There are a number of terrific benefits to taking flax oil. **Here are our top ten to get you started:**

- 1 Protects your heart**
- 2 Nourishes and moisturizes your skin**
- 3 Promotes weight loss**
- 4 Improves hair shine and strength while preventing hair loss and scalp irritations**
- 5 Supports a strong immune system**
- 6 Reduces digestive discomfort**
- 7 Supports healthy hormonal balance for women, both during childbearing years and menopause**
- 8 Promotes good cellular health**
- 9 Supports cognitive health and development**
- 10 Alleviates occasional digestive discomfort**

There's even more where that came from. Once you start taking flax oil, over time you'll notice even more improvements, both inside and out.



FREQUENTLY ASKED QUESTIONS

How is Perfect Press Flax Oil made?

Perfect Press Flax Oil is one of the best seed oils available in the world. Perfectly Pressed from thousands of organic flaxseeds, each drop is extracted without the use of heat or friction. Our proprietary pressing technology ensures that there is absolutely no damage to the nutritional properties of the seeds. After pressing, the oil is bottled. We don't add anything at all to our oils.

How long should I wait before I can expect to feel Perfect Press Flax Oil working?

One of the key ingredients for seeing results is patience. Perfect Press Flax Oil works better when you give it time to truly nourish your body. Make sure you use the product every day to feel the full effect. If taken regularly, you should start seeing and feeling noticeable improvements in your health within a few weeks.

How do I take Perfect Press Flax Oil?

Each bottle comes with a twist off cap and no-drip, easy-pour technology that makes sure no oil goes to waste. Take 1 to 3 teaspoons each day, either on its own or mixed into a fresh juice or smoothie. Two teaspoons a day will make one bottle last 25 days.

Remember, this is a powerful oil and everyone is different. We always recommend trying a small amount at first to see how your body reacts.

Can I use it topically?

Absolutely! It works great on hair and even skin. We even have some great [blog posts](#) to help you learn more about the beauty benefits of flax.

If it's in Five Seed Blend, why do I need to take it alone?

Flax is in our Perfect Press Five Seed Blend, but since it's only one fifth of the blend, you'll get more of the flax-specific benefits by taking it alone.

FREQUENTLY ASKED QUESTIONS

Why does the label say to put it in the fridge? None of the other oils do...

We added this to our label, as we found it helps to maintain the flavor of the oil over time once the bottle is opened. Though recommended, it is not a requirement. You should absolutely keep the bottle out of the sun, in a cool spot and with the lid tightly capped as omega-3s oxidize rapidly when exposed to light and heat.

Why is my oil a different color this time than it was the last time I ordered?

The color can vary from batch to batch. Batches vary color-wise due to sediment. If the oil is darker, it means it has more sediment. We just recommend shaking well before each use.

The potency and benefits remain the same. Color and sediment do not affect the oil.

Is flax oil safe for young children and babies?

Flax is a natural plant source of omega-3, which is very important for brain development in children.

However, we don't recommend any of our products for children under the age of 18 months.

Is flax oil the same as linseed oil?

Flax oil and linseed oil *are* both be made from flaxseeds, however linseed oil is not meant for human consumption.

Linseed oil is produced using methods that make it toxic for humans. Because of the fragility of the fatty acid chains in flax, the oil can go rancid very easily.

For this reason, it is important that you only eat flax oil that is carefully pressed without the use of heat or chemicals. It must also be stored in dark glass bottles.

If I'm taking flax oil, should I also be eating ground flaxseed?

Flaxseed has many benefits that the oil does not, like fiber and lignans. On the other hand, the essential fatty acids are more readily absorbed from the oil.

For most people, we recommend taking the oil *and* putting freshly ground flax into smoothies, salads or other foods.

If your doctor has recommended flax oil for medical reasons, be sure to check with them before using ground flax seed and vice versa as they can have different effects on the body.

What if I don't like Perfect Press Flax Oil?

While most people LOVE Perfect Press Flax Oil, if you don't — that's okay. As always, you are completely covered by our 60-day money back guarantee.



PERFECT PRESS FLAX OIL SUCCESS STORIES

Jane has noticed better skin and more energy since taking Perfect Press Flax Oil...

I just wanted to let you know how pleased I am with the flax seed oil. After using it for just 3 days, my skin is softer and smoother — amazing! I bought the flax seed oil hoping that it will help me [...] I have changed my diet [...] but there is still a lot of healing to do. If the flax seed oil is healing my insides as much as it is improving my skin, this will be wonderful. After 6 days I noticed an increase in energy which is wonderful and one of the reasons I was able to do today's challenging hike. Other improvements may take longer to notice but I am really happy with the flax seed oil.

Denise has experienced a clearer head with flax...

I've been using the activation flaxseed oil for just over a fortnight now and my fuzzy head seems to have disappeared. Amazing what natural products of excellent quality can do.

Mona K. has seen improved nail strength after taking flax oil...

I was having some problems with my nails splitting; they weren't growing. My friend referred me to this flaxseed oil and my nails are starting to grow again.

THANK YOU!

Once again, thank you for investing in our Perfect Press Flax Oil and your long term health.

We can't wait for you to start adding our flax oil to your daily routine and to begin noticing a positive change in your health, from the inside out.

Taking this oil every day can give you better skin, stronger nails, support your immune system and boost your energy.

If you have any further questions, don't hesitate to reach out to our friendly and knowledgeable customer loyalty team.

Have questions? Call Us!
1-866-271-7595



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