

FLAX HULL LIGNAN WEIGHT STUDY 2007

These study results come from orphaned children at the Hawane Farm in Nabababe in Swaziland, Southern Africa. These tests were administered and reported by Emma Fishlock, RGN.

This chart represents weight in the children during a time period from March 2007 through June 2007 where the children were administered ½ scoop (1 tsp) flax lignans a day.

Out of 29 children, 23 increased their weight by at least 1kg (2.2lbs) and 13 of those increased by 2kg or more (4.4lbs or more). 1 child went down by .5 kg, and 5 children stayed the same.

On the legend you will see the children's initials and their ages. Their weight in kgs is charted in the center of this page.

