

Table 1) Comparison of serum levels of IL1 β and TNF- α in six groups of rats (n=5 in each group)

Control	10 mg/kg Flax Extract	30 mg/kg Flax Extract	Exercise	10 mg/kg Extract + Exercise	30 mg/kg Extract + Exercise
Serum levels of IL1β (picogram per milliliter)					
2205.40 \pm 174.06	2090.60 \pm 191.62	1993.00 \pm 211.88	a1865.80 \pm 213.29	a1883.40 \pm 141.05	ab1780.40 \pm 177.60
Serum levels of TNF-α (picogram per milliliter)					
1276.40 \pm 41.07	1219.60 \pm 44.37	a1205.80 \pm 53.31	a1202.60 \pm 54.07	a1182.40 \pm 22.06	Ac1053.80 \pm 65.66

a significant reduction compared to the control group (p<0.05)

b significant reduction compared to the flax extract group with dose of 10 mg/kg (p<0.05)

c significant reduction compared to exercise groups, flax extract with doses 10 and 30 mg/kg and flax extract with dose of 10 mg/kg with exercise (p<0.05)