



PRODUCT

PRODUCT DESCRIPTION

PRAIRIE PREMIUM WHOLE GOLDEN FLAXSEED – FOOD GRADE

The botanical name for flax is *Linum Usitatissimum* of the Linaceae family. Flax is a versatile, blue-flowered crop. The seeds for food products are harvested and then sieved through screening systems, resulting in a clean, uniform batch of whole seeds considered 99.9% pure, or "human food grade".

The seed itself is flat and oval with a pointed tip. It is a little larger than a sesame seed and measures about 4-6mm. The seeds have a crisp chewy texture and a pleasant, nutty flavor.

Flax seeds range in color from a deep brown to a light yellow. Seed color is determined by the amount of pigment in the outer seed coat, the more pigment, the darker the seed. Seed color is easily modified through simple plant breeding techniques.

Golden or Yellow flaxseed is light yellow to golden in color.

INGREDIENTS

Flax seed (*Linum Usitatissimum*)

COMPOSITION

Flax is rich in fat, protein, and dietary fibre. An analysis of Canadian flax averaged 41% fat, 20% protein, 28% total dietary fibre, 7.7% moisture and 3.4% ash, which is the mineral-rich residue left after samples are burned. The composition of flax can vary with genetics, growing environment, seed processing and method of analysis.

The protein content of the seed decreases as the oil content increases. The oil content of flax can be altered through traditional plant breeding methods, and it is affected by geography. The cool night of northern Canada improves oil content and quality. Flax is extremely rich in Omega 3 and linolenic acid.

NUTRITIONAL INFORMATION/100G

Energy	2090 kJ-506kcal	27%
Moisture		6-10%
Protein		20.2g
Lipid	36.6g with Saturated Fatty Acid:	3.67g
Available Carbohydrate	6.6 with sugar:	1.55g
Fibres		27.2g
Calcium		228mg
Sodium		20.5mg
Salt		0.051g
Phosphorus		505mg
Magnesium		360mg
Iron		7.8mg
Zinc		4.0mg

TYPICAL FATTY ACID & COMPOSITION

Polyunsaturated (Omega 3s)	57%
Monounsaturated	18%
Polyunsaturated (Omega 6s)	16%
Saturated	9%

TYPICAL AMINO ACID & COMPOSITION (g/100g protein)

Alanine	4.4	Lysine	4
Arginine	9.2	Methionine	1.5
Aspartic Acid	9.3	Phenylalanine	4.6
Cystine	1.1	Proline	3.5
Glutamic Acid	19.6	Serine	4.5
Glycine	5.8	Threonine	3.6
Histidine	2.2	Tryptophan	1.8-NR
Isoleucine	4.0	Tyrosine	2.3
Leucine	5.8	Valine	4.6

ORIGIN

Canada

APPLICATION

Baking, raw and cooked snacks, dietary supplement, milling, and oil extraction.

STORAGE

Store in cool (20° Celsius), dry location away from sunlight.

EXPIRATION

Product use within 24 months of manufacture.

ADDITIONAL INFORMATION

This ingredient is non-GMO, nor does it contain GMO products.

This ingredient does not undergo ionizing treatment.

Flax does not contain gluten.

Flax is a non-allergenic product.

Flax is cleaned to 99.9% pure but may have come in contact with trace amounts of wheat, soybean, or mustard from agricultural cross-contamination (in the field) only.

MICROBIOLOGICAL INFORMATION

Parameter (Whole & Milled Flax)	Unit	Specifications
Proximates		
Moisture	%	≤ 10
Protein	%	Min 15, Max 30
Carbohydrate	%	Min 25, Max 38
Dietary Fibre	%	Min 20, Max 37
Total Fat	%	Min 32, Max 45
Free Fatty Acids	g/100g fat	≤ 2.0
Peroxides	meq/kg fat	≤ 5.0
Ash	%	Min 2.8, Max 3.98
Heavy Metals		
Lead	mg/kg	≤ 0.2
Cadmium	mg/kg	≤ 1.0
Mercury	mg/kg	≤ 0.1
Arsenic	mg/kg	≤ 0.2
Microbial		
E. coli	cfu/g	≤ 10
Salmonella	cfu/g	negative in 25g
Listeria	cfu/g	negative in 25g
Staphylococcus Aureus	cfu/g	≤ 10
Yeast	cfu/g	≤ 3000
Mold	cfu/g	≤ 3000
Aflatoxins	ppb	≤ 2
Ochratoxins	ppb	≤ 3
1. Min = minimum 2. Max = maximum 3. cfu = colony forming units 4. ppb = parts per billion		

All above specification parameters are composite measurements where results may vary depending upon field of origin. Should guaranteed microbiological values be required, 3rd party laboratory testing is available upon request. Please reach out to your sales account manager for further information.

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