



**Prairie**  
**FLAX PRODUCTS, Inc.**

**PRODUCT  
INFORMATION**

**PRODUCT:** Prairie Premium Golden Milled Flaxseed - Food Grade (99.9% Pure)

**PRODUCT DESCRIPTION:** Prairie Premium Golden Flaxseed is milled from #1 Canada "Omega" flaxseed. No preservatives or additives are added. Prairie Premium Golden Flaxseed is a quality milled seed product that provides a rich plant source of omega 3 fatty acids, lignans and other essential nutrients, as well as both soluble and insoluble dietary fibre.

**TYPICAL ANALYSIS:**

Fat *	.....41%
Total dietary fibre.....	27%
Protein.....	22%
Moisture.....	7-10%
Ash.....	4%

\*Analyzed by the American Oil Chemists' Society's (AOCS<sup>®</sup>) Official Method AM 2-93, which is based on the Federation of Oils, Seeds and Fats Association Ltd. (FOSFA) Official Method.

**TYPICAL FATTY ACID AND COMPOSITION:**

Polyunsaturated (omega 3's) .....	57%
Monounsaturated .....	18%
Polyunsaturated (omega 6's) .....	16%
Saturated .....	9%

**TYPICAL AMINO ACID COMPOSITION: (g/100 g 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
Isoleucine.....	4	Tyrosine.....	2.3
Leucine .....	5.8	Valine.....	4.6

**TYPICAL MINERAL AND VITAMIN CONTENT:**

<u>MINERALS</u>	<u>mg/100g</u>
Calcium.....	236
Copper.....	1
Iron .....	5
Magnesium .....	431
Manganese .....	3
Phosphorous .....	622
Potassium .....	831
Sodium .....	27
Zinc .....	5

	<u>mg/100g</u>
Aluminum.....	3.00
Barium .....	3.00
Cadmium .....	0.25
Chromium .....	< 1.00
Cobalt .....	0.17
Lead .....	< 0.25
Molybdenum .....	< 0.50
Nickel .....	1.70
Tin .....	3.00

ENERGY 470 cal/100g

<u>VITAMINS</u>	<u>mg/100g</u>
<u>Water Soluble</u>	
Ascorbic acid/vitamin C .....	0.50
Thiamin/vitamin B1 .....	0.53
Riboflavin/vitamin B2 .....	0.23
Niacin/nicotinic acid .....	3.21
Pyridoxine/vitamin B6 .....	0.61
Pantothenic acid .....	0.57
	<u>mg/100g</u>
Folic acid .....	112
Biotin .....	6

<u>Fat Soluble</u>	<u>mg/kg</u>
Carotenes.....	not detected
<u>Tocopherols/vitamin E</u>	
Alpha-tocopherol .....	0.55
Beta-tocopherol .....	not detected
Delta-tocopherol .....	0.45
Gamma-tocopherol .....	29.70
Alpha-tocotrienol .....	not detected
Delta-tocotrienol .....	not detected
Gamma-tocotrienol....	not detected

**APPEARANCE:** Light Golden flowable meal.

**PACKAGING:** 50 lb. poly lined multi walled bags, totebags or bulk

**STORAGE:** Store in dry location away from extreme heat. Prairie Premium Flaxseed stores well and remains stable under normal conditions.

**EXPIRATION:** No known product expiry date under normal storage conditions. Manufacturer recommends product use within 2 years of manufacture.

**MANUFACTURED BY:** Prairie Flax Products Inc.  
Box 1057 Portage la Prairie, MB  
R1N 3C5  
PH: (204) 252-2940, FAX (204) 252-2983