



Prairie
FLAX PRODUCTS, Inc.

**PRODUCT
 INFORMATION**

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

PRODUCT DESCRIPTION: Prairie Premium Golden Flaxseed is #1 Canada "Omega" flaxseed. No preservatives or additives are added. Prairie Premium Golden Flaxseed is a quality whole 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) 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 seeds.

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.

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