



Prairie
FLAX PRODUCTS, Inc.

**PRODUCT
 INFORMATION**

PRODUCT:

Prairie Premium Milled Flaxseed - Food Grade (99.9% Pure)

PRODUCT DESCRIPTION:

Prairie Premium Milled Flaxseed is milled from #1 Canada "Select" flaxseed. No preservatives or additives are added. Prairie Premium Milled Flaxseed is a quality milled grain 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%
 Monounsaturated18%
 Polyunsaturated (omega 6's)16%
 Saturated9%

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
Leucine5.8	Valine.....4.6

TYPICAL MINERAL AND VITAMIN CONTENT:

<u>MINERALS</u>	<u>mg/100g</u>	<u>VITAMINS</u>	
Calcium.....	236	<u>Water Soluble</u>	<u>mg/100g</u>
Copper.....	1	Ascorbic acid/vitamin C	0.50
Iron	5	Thiamin/vitamin B1	0.53
Magnesium	431	Riboflavin/vitamin B2	0.23
Manganese	3	Niacin/nicotinic acid	3.21
Phosphorous	622	Pyridoxine/vitamin B6	0.61
Potassium	831	Pantothenic acid	0.57
Sodium	27		
Zinc	5		
			<u>mg/100g</u>
		Folic acid	112
	<u>mg/100g</u>	Biotin	6
Aluminum.....	3.00		
Barium	3.00	<u>Fat Soluble</u>	<u>mg/kg</u>
Cadmium	0.25	Carotenes.....	not detected
Chromium	<1.00	Tocopherols/vitamin E	
Cobalt	0.17	Alpha-tocopherol	0.55
Lead	< 0.25	Beta-tocopherol	not detected
Molybdenum	<0.50	Delta-tocopherol	0.45
Nickel	1.70	Gamma-tocopherol ...	29.70
Tin	3.00	Alpha-tocotrienol	not detected
		Delta-tocotrienol	not detected
		Gamma-tocotrienol....	not detected
<u>ENERGY</u>	<u>470 cal/100g</u>		

APPEARANCE: Light brown flowable meal.

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

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

EXPIRATION: No known product expiry date under normal storage conditions.
Manufacturer recommends product use within 6 months of manufacture.

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