



**PRAIRIE FLAX
PRODUCTS, INC.**



PRODUCT INFORMATION

PRODUCT

**Prairie Premium Golden Milled Flaxseed-Food Grade
(99.9% pure)**

PRODUCT DESCRIPTION:

Prairie Premium Whole 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 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 AND 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
Isoleucine	4	Tyrosine	2.3
Leucine	5.8	Valine	4.6





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TYPICAL MINERAL AND VITAMIN CONTENT

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

	mg/100g
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

Light Golden flowable meal.

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

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

1 year shelf life.

Prairie Flax Products Inc.
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VITAMINS	mg/100g
Water Soluble	mg/100g
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

	mg/100g
Folic acid.....	112
Biotin.....	6

Fat Soluble	mg/100g
Carotenes.....	not detected

Tocopherols/vitamin E	
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:

PACKAGING:

STORAGE:

EXPIRATION:

MANUFACTURED BY:

