



**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 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

VITAMINS	mg/100g
Water Soluble	
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

	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

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

ENERGY..... 470 cal/100g

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 Whole Flaxseed stores well and remains stable under normal conditions.

EXPIRATION:

No known product expiry date under normal sotrage conditions. Manufacturer recommends product use within 2 years of manufacture.

MANUFACTURED BY:

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