



## PRODUCT

### GOLDEN FLAXSEED (*Linum usitatissimum*)

Food Grade

#### DESCRIPTION:

The botanical name of flax is *Linum usitatissimum* of the family Linaceae. Flax is a versatile, blue-flowered crop. The seeds for food are harvested and then sieved through screening systems, resulting in a clean, uniform batch of whole seeds considered 99.9% pure, or “human food grade”.

The seed itself is flat and oval with a pointed tip. It is a little larger than a sesame seed and measures about 4-6 mm. The seeds have a crisp and chewy texture and a pleasant, nutty taste.

Flax seeds range in color from a deep brown to a light yellow. Seed color is determined by the amount of pigment in the outer seed coat – the more pigment, the darker the seed. Seed colour is easily modified through simple plant breeding techniques.

Golden or Yellow flaxseed is light yellow to golden in color and contains no more than 3% of brown seeds.

#### INGREDIENTS:

Flax seed (*Linum usitatissimum*).

#### COMPOSITION:

Flax is rich in fat, protein and dietary fibre. An analysis of Canadian flax averaged 41% fat, 20% protein, 28% total dietary fibre, 7.7% moisture and 3.4% ash, which is the mineral-rich residue left after samples are burned. The composition of flax can vary with genetics, growing environment, seed processing and method of analysis.

The protein content of the seed decreases as the oil content increases. The oil content of flax can be altered through traditional plant breeding methods, and it is affected by geography – the cool nights of northern Canada improve oil content and quality. Flax is extremely rich in Omega 3 and linolenic acid.

