



**HEARTLAND  
FLAX**

849 14<sup>th</sup> St. SW • Valley City, ND 58072  
1-866-599-FLAX (3529) • www.rcmflax.com

## Product Specifications & Nutritional Information

**Product:** RCM Flax Hull Lignans, Conventional or Organic, Kosher

**Release Date:** November 18, 2008

### **Supplier Information:**

Supplier Name: Heartland Flax

Address: 849 14<sup>th</sup> St SW, PO Box 777, Valley City, ND 58072

### **Supplier Plant Information:**

Plant Address: As above

Organic Certified: Yes

Kosher: Yes

### **Raw Material Compliance Information:**

- A. Raw Material Description: Brown or golden milled flax hulls
- B. Ingredient Description: 99.9% or better, pure flax hulls
- C. Flavors: None added
- D. This product is not irradiated
- E. This product contains no components from an animal source
- F. Product is produced under the jurisdiction of the FDA and is listed in the CFR-Title 21 subchapter B as "Food for Human Consumption" and is, therefore, classified as non-hazardous materials. As a result, these products are exempt from the 29 CFR 1910.1200 OSHA Hazardous Communication Standard; Material Safety Data Sheets (MSDS) are not required.
- G. This product is not grown from genetically altered plant material

### **Storage:**

36 month shelf life when stored dry at ambient temperatures between 0 degrees F and 95 degrees F.

### **Packaging:**

Product is available in 150 gram tubs, 50 lb 3-ply kraft paper bags and Poly mini bulk bags.

### **Product Characteristics:**

- A. Sensory: Color: Brown, light brown, golden or tan in color  
Texture: Powder, 14 mesh or finer  
Odor: Nutty, flax odor, no off odors

## B. Chemical Analysis

	<u>Min%</u>	<u>Max%</u>	<u>Typical</u>
Moisture	3	10	6
Protein	30	40	35
Fiber	30	50	40
Carbs	30	50	40
Fat	15	30	20
Omega 3 ALA	8	16	11
Omega 6 LA	2	4	3
Omega 9 OA	2	5	3.5

## C. Nutritional Information (Per 100grams)

Energy	390 kcal	Protein	35.0gr
Total Fat	20gr	Ash	4.0gr
Carbohydrate	40gr	Fiber	40.0gr
Sugars	<1gr	SDG Lignan	>4.0gr

### Minerals (Per 100 grams)

Calcium	198mg	Potassium	725mg
Iron	8mg	Phosphorous	662mg
Magnesium	362mg	Sodium	34mg
Zinc	4.17mg	Copper	1.04mg

### Vitamins (Per 100 grams)

Vitamin C	1.3mg	Thiamin	.17mg
Riboflavin	.16mg	Niacin	1.4mg