



**HEARTLAND
FLAX**

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

Product Specifications & Nutritional Analysis

Product: Golden or Brown RCM Flax Seed, Food-Grade, Kosher, Organic and Conventional. (Coarse, 14, 20 and 30 mesh) Linum Usitassimum

Release Date: November 18, 2008

Supplier Information:

Country of Origin: USA or Canada

Supplier Name: Heartland Flax

Address: 849 14th St SW, PO Box 777, Valley City, ND 58072

Supplier Plant Information:

Plant Address: Same as above

Organic Certified: Yes

Kosher: Yes

Raw Material Compliance Information:

- A. Ingredient Description: 99.9% pure or better milled flax seed.
- B. Raw Flax Flavor.
- C. This product is not irradiated.
- D. This product contains no components from an animal source.
- E. Products are produced under the jurisdiction of the FDA and are listed in the CFR-Title 21 subchapter B as "Food for Human Consumption" and are, 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.
- F. This product is not grown from genetically altered plant material.

Storage and Shelf Life:

This product is stored at dry ambient temperatures between 0 degrees F and 95 degrees F. This product has a shelf life of 24 months in sealed container.

Peroxide Value <1.0 meq/kg

Packaging:

Product is available in 25 lb and 50 lb 3-ply kraft paper bags and poly bulk tote bags.

Product Characteristics:

- A. Sensory: Color: Golden, tan or brown
Texture: Course to fine powder. Custom mesh sizes available.
Odor: Nutty, flax odor; no off odors

B. Chemical Analysis

	<u>Min%</u>	<u>Max%</u>	<u>Typical</u>
Moisture	4	10	7
Protein	15	24	19
Fiber	14	30	28
Carbs	30	37	34
Fat	30	45	36
Omega –3 (ALA)	18	24	20
Omega –6 (LA)	5	8	6
Omega –9 (OA)	6	8.5	7

C. Nutritional Information (Per 100grams)

Energy	492kcal	Protein	19.5gr
Total Fat	36gr	Ash	3.50gr
Carbohydrate	34.25gr	Fiber	27.9gr
Sugars	1.05gr		

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

*Nutritional averages as per Flax Council of Canada