



PRODUCT SPECIFICATION – WHOLE FLAX SEED

Whole Flaxseed is a 100% natural flaxseed grown in Canada. Available in either brown or gold and cleaned to a 99.95% purity, whole flaxseed is high in Omega-3 fatty acid and is a whole food source of fibre.

Constituents	Average	Range %
Moisture ^^^	7.5	7-12
Oil Content ´	40.9	35-45
Protein ¨	23.0	20-30
Ash *	4.4	3-6
Total Carbohydrates ***	27.0	20-30
Dietary Fiber ´´´	24.3	20-40
Sugars	1.44	1-5
Bulk Density	.60 g/cm³	.5-.7g/cm³

Fat Content	Typical %	Range %
Omega-3 ALA ¨¨	55	50 - 75
Omega-6 LA ¨¨	16	12 - ≤25
Omega-9 Oleic ¨¨	20	10 - ≤25
Saturated Fat `	7.9	4 – 9
Trans Fat `	ND	0 – 1
Monounsaturated Fat ¨¨	19.5	15 - 25
Polyunsaturated Fat ¨¨	71.5	65 - 75

Microbial Standards	Limits	Units
SPC	Max 10000	cfu/g
Yeast	Max 1000	cfu/g
Mold	Max 1000	cfu/g
Aflatoxin	5.0	ppb
Total Coliform	Max 100	cfu/g
Escherichia coli	<5	cfu/g
Listeria	NEGATIVE	
Salmonella	NEGATIVE	
Staphylococcus aureus	<5	cfu/g

Minerals & Metal	Typical %	Range %
Calcium +	2.55	3-4 mg/g
Iron +	.0496	0.05-0.2 mg/g
Potassium +	5.91	8-12 mg/g
Sodium +	0.729	0.5-1.2 mg/g
Zinc +	0.064	0.05-0.08 mg/g
Cadmium +	0.54	0-1.5 mg/kg
Lead +	<0.1	0-0.1 mg/kg



Nutritional Information	Per 100g	Reference	Test method	test
Calories	576Kcal	AOCS Ba 5a-49 modified	ASH-01	*
Total Fat	43.7g	Atwater	Calories	**
Saturated Fat	4.89g	Calculation	Carb	***
Trans Fat	0g	AOAC 962.09 modified	FCF-01	****
Carbohydrates	28.0g	AOAC 2015.01 modified	METMIN-01	+
Total Sugars	1.62g	MFHPB-20	MFHPB-20	++
Dietary Fibre	26.4g	MFHPB-22	MFHPB-22	+++
Sodium	72.9mg	MFHPB-30	MFHPB-30	++++
Protein	17.6g	MFHPB-33	MFHPB-33	^
Cholesterol	0mg	MFHPB-34	MFHPB-34	^^
Moisture	7.63g	MFLP-21	MFLP-21	^^^
Potassium	591mg	AOCS Ba 2a-38 modified	MOIS-06	^^^
Calcium	255mg	AOCS Am 2-93 modified	OIL-01	‘
Iron	4.96mg	AOAC 2001.11 Modified	PROT-01	‘’
		AOAC 91.43	FTDF-02	‘‘’
		Elisa	AFLA-01	‘‘‘’
		AOAC 996.06	TFAT-01	˘
		AOCS Ce 1h-05 modified	TFAT-01	˘˘

Pack Sizes	Item #
2094lbs/950kg Tote Bag - Brown	3-0165
2094lbs/950kg Tote Bag - Golden	3-0166
50lbs/23kg Bag – Brown	3-0160
50lbs/23kg Bag - Golden	3-0159

Our allergen processes adhere to CFIA and FDA protocols, please see our Allergen Statement.

Durable Life: 12 months. Store in a cool, dry, dark place



Revised: September 17, 2019