



PRODUCT SPECIFICATION – MILLED FLAX SEED

Whole Milled Flaxseed is a 100% natural flaxseed grown in Canada. Available in either brown or gold and milled in our state of the art BRC AA certified facility; milled 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	.43 g/cm³	.3-.5g/cm³

Fat Content	Typical %	Range %
Omega-3 ALA ¨¨	55	50 - 75
Omega-6 LA ¨¨	15	12 - ≤25
Omega-9 Oleic ¨¨	18	10 - ≤25
Saturated Fat `	1	1 – 1.5
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 +	2.42	3-4 mg/g
Iron +	.0559	0.05-0.2 mg/g
Potassium +	6.34	8-12 mg/g
Sodium +	0.592	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

Calories	572Kcal
Total Fat	42.4g
Saturated Fat	3.79g
Trans Fat	0g
Carbohydrates	27.0g
Total Sugars	1.44g
Dietary Fibre	24.3g
Sodium	59.2mg
Protein	20.7g
Cholesterol	0mg
Moisture	7.0g
Potassium	634mg
Calcium	242mg
Iron	5.59mg

Pack Sizes

Item

2094lbs/950kg Tote Bag - Brown	3-0167
2094lbs/950kg Tote Bag - Golden	3-1016
50lbs/23kg Bag - Brown	3-0157
50lbs/23kg Bag - Golden	3-0158

Reference

Test method

test

AOCS Ba 5a-49 modified	ASH-01	*
Atwater	Calories	**
Calculation	Carb	***
AOAC 962.09 modified	FCF-01	****
AOAC 2015.01 modified	METMIN-01	+
MFHPB-20	MFHPB-20	++
MFHPB-22	MFHPB-22	+++
MFHPB-30	MFHPB-30	++++
MFHPB-33	MFHPB-33	^
MFHPB-34	MFHPB-34	^^
MFLP-21	MFLP-21	^^^
AOCS Ba 2a-38 modified	MOIS-06	^^^
AOCS Am 2-93 modified	OIL-01	‘
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	‘‘

Particle size: #20 mesh – 85%

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 10, 2019