



Product Specification

Organic Brown Flaxseed Meal

Code: 5025

Product of Australia
 Certified Organic (NASAA), Kosher and Halal
 Date of issue: 29/8/13

PRODUCT DESCRIPTION: Cold-pressed from selected, well-matured whole seed, Flaxseed Meal is the broken seed that remains after the oil extraction process. It is then milled to Stoney Creek's unique specification.

APPEARANCE: Granular, including fines **COLOUR:** Brown

FLAVOUR: Typical of linseed, yet more nutty

ODOUR: Typical of linseed, yet sweeter. Free from rancidity or objectionable odours.

SIEVE ANALYSIS: Passes 5mm sieve

COUNTRY OF ORIGIN: Australia

INGREDIENTS: Organic Brown Flaxseed (fat-reduced)

STORAGE AND HANDLING: Store in cool, dry place. Shelf life is twelve months from date of production.

PACKAGING:

- 500g food-lined metal can
- 1kg poly-lined, brown paper bag
- 20kg poly-lined, polywoven bag

NUTRITIONAL INFORMATION

Servings per 500g package (Adult) – 50
 Serving size (Adult) – 10g (1 tablespoon)

MICROBIAL GUIDELINES

(Listed as guidelines, as opposed to controllable specifications)

	QTY PER SERVE	QTY PER 100g
ENERGY	130kj	1295kj
PROTEIN	3.06g	30.6g
FATS - total	1.00g	9.7g
Saturated (max)	0.11g	1.1g
Polyunsaturated (min)	0.66g	6.6g
Omega 3 ALA	0.50g	5.0g
Omega 6 LNA	0.16g	1.6g
Monounsaturated OLEIC	0.21g	2.1g
DIETARY FIBRE – total	4.42g	44.2g
Soluble	1.10g	11.0g
Insoluble	3.32g	33.2g
CARBOHYDRATES	0.37g	3.7g
Sugars	0.25g	2.5g
SODIUM	7.5mg	75mg
LIGNANS	8.0mg	80mg

E.Coli: < than 10 cfu per g
 Salmonella: none present

TYPICAL ANALYSIS