

# Natunola® Omega-3 Milled Flax

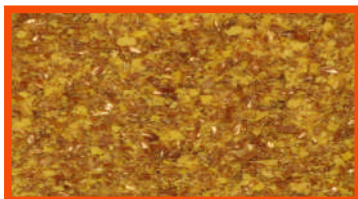
## Product Description

Natunola® Omega-3 Milled Flax is a versatile flaxseed powder. This product offers similar nutritional value as our Natunola® Omega-3 Flax Meal product while offering a less coarse consistency for formulations which require a finer powder. Natunola® Omega-3 Milled Flax is an excellent alternative to traditional milled flax products because it has an extended shelf-life without the use of preservatives, it is stable at room temperature, and it does not require special storage.

Natunola® Omega-3 Milled Flax is: kosher certified, non-GMO, gluten free, and safe for most individuals with severe nut allergies.

## Flaxseed Benefits

Flaxseed is a rich source of the essential fatty acid alpha-linolenic acid (ALA) which is found within the seed's inner meat, also known as the kernel. Flaxseed is also a rich source of fiber and lignans which are found within the seed's outer shell, also known as the hull. Overall, flaxseed use is well known for its positive health benefits and has been linked to: decreased risk of cardiovascular disease, decreased risk of developing hormone associated cancers, improved immune function, and protection against type II diabetes.



## Product Application

Natunola® Omega-3 Milled Flax can be used in a number of applications in place of a portion of the flour (5-25%). It is a novel ingredient in prepared foods such as:

Crackers      Breads      Cakes      Cereals      Cookies      Snack Foods      Bars (snack, energy, etc)

## Product Specifications

Appearance:	Yellow and brown powder
Texture:	Medium particle powder
Oil Content:	Average 30%
Protein Content:	Average 18%
Moisture Content:	Maximum 8%
Usage Level:	5 – 100% (wt/wt)
Baking Stability:	Up to 350°C for up to 2 hours with minimal nutritional loss
Shelf Life:	9 Months
Storage:	Recommended storage temperature below 20°C To extend shelf life keep in a cool place away from sunlight.

## Typical Nutritional Profile

Nutritional Analysis (g/100g)*	
Energy (Cal/100g)	552
Energy (kJ/100g)	2313
Fat (including Omega-3)	37.8
Omega-3	22.0
Omega-6	5.0
Carbohydrate (including fiber)	31.1
Protein	22.7
Ash	3.5
Moisture	4.9

\*Batch analysis only – variances may occur within crops which may cause deviations from these values.

Natunola is a registered trademark of Natunola Health Inc.

Specifications are based on information available at the time of printing. This information is provided in good faith and is subject to the following conditions: 1. Natunola makes no warranty of any kind concerning any product, formulation or procedure or health claim or other matter contained in the information including, without limitation, any warranty that the sale or use of any product, formulation or procedure will not infringe any patent or other third party right; 2. The user of the information will not provide it to third parties and will indemnify and hold Natunola harmless from any liability arising out of the recipient's use of the information. (November, 2009)

**Natunola Health Inc.**

**Sales: 21 Antares Drive, Unit 123-124, Nepean, ON Canada K2E 7T8**

**Manufacturing Plant: 661 St. Lawrence Street, Winchester, ON Canada K0C 2K0**

**Tel: (613) 774-9998 \* Fax: (613) 774-2226 \* flax@natunola.com \* www.natunola.com**