



# Natunola® Flax Flour

## Product Description:

Natunola® Flax Flour contains an effective source of fiber, Omega-3 and is available in a powdered form. This product is a fine, soft powder which can be added to formulations to adjust the nutritional profile, increase moisture retention, and add smoothness to the overall finished product. This product is an excellent choice for formulations that require improved nutritional benefits. Natunola® Flax Flour can be used to replace a portion of the flour in current formulations to make a recipe 'multigrain' such as in multigrain breads, crackers, cookies, or pastas. This product may also help manufacturers to make a 'source of fiber' label claim. Natunola® Flax Flour is non-GMO, gluten free and an ideal ingredient if high Omega-3 and high fiber are desired in your formulation.

## 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® Flax Flour 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:

Breads      Muffins      Cookies      Cereals      Crackers      Snack Foods      Pasta

## Product Specifications

Appearance:	Brown powder
Texture:	Finer than 30 Mesh, fine powder
Oil Content:	Average 40%
Protein Content:	Average 20%
Moisture Content:	Maximum 10%
Usage Level:	5 – 100% (wt/wt)
Baking Stability:	Up to 350°C for up to 2 hours with minimal nutritional loss
Shelf Life:	12 months
Pack Size:	20 kg bag (40 bags per pallet)
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)	658
Energy (kJ/100g)	2751
Fat (including Omega-3)	42.1
Omega-3	24.4
Omega-6	6.5
Carbohydrate (including fiber)	30.3
Protein	20.9
Ash	3.1
Moisture	3.6

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

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