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### Product Quality Specifications

**PRODUCT:** Brown Flax, Raw  
Available in conventional and organic  
*This is a natural, raw product and may contain harmful bacteria unless further processed;  
the ingredient is not sterilized or pasteurized.*

**PACKAGING:** Standard 50 lb bags

**SHELF LIFE & STORAGE:** 18 months from the date of manufacture under normal storage conditions ≤70°F  
and ≤ 60% RH, stored in an insect free area.

#### **NUTRITIONALS PER 100g<sup>±</sup>: (unrounded)**

<u>CALORIES</u>	<u>534</u>	<u>Calories/100g</u>
<u>AMOUNT</u>		
TOTAL FAT	42.16	g
SAT FAT	3.66	g
POLY FAT	28.73	g
MONO FAT	7.53	g
TRANS FAT	0	g
CHOLESTEROL	0	mg/100g
SODIUM	30.0	mg/100g
TOTAL CARBOHYDRATES	28.88	g
DIETARY FIBER	127.3	g
SUGARS	1.55	g
<u>PROTEIN</u>	<u>18.29</u>	<u>g</u>
CALCIUM	255	mg/100g
IRON	5.73	mg/100g
VITAMIN E	0.31	mg/100g
PHOSPHORUS	642	mg/100g
MAGNESIUM	392	mg/100g
ZINC	4.34	mg/100g
COPPER	1.22	mg/100g
ASH	3.72	g/100g

"Not a significant source of Vitamin A and Vitamin C"

+Reference: USDA and Health Canada Nutritional Database

**GRADE:**

Purity:	Min. 99.9%
Percent Moisture:	Max 11%
Heat Damage:	Max 0.5%
Damaged Seed (total):	Max 1.0%
Aroma:	Free of foreign odors
Color:	Brown, glossy seeds

**ALLERGEN STATUS:**

Produced in a Peanut Free and Treenut Free facility

**LOT CODE:**

The lot code is printed on pallet stickers affixed to each bag and pallet that lists the year and day on which the seeds were produced.

**ABC14006:** The three letters (ABC) represent an internal reference code, the first two numbers (14) represent the year 2014 and the last three numbers (006) represent a day on the Julian calendar (January 6).

**14NPGM51:** The first two numbers of the lot number is the year (14), the next four letters represent an internal reference code (NPGM), and the last three numbers are the Julian Date (51, one to three digits)

**KOSHER STATUS:**

**Orthodox Union Kosher Pareve Certification**



**COUNTRY OF ORIGIN:**

United States of America and/or Canada

**GMO STATUS:**

GMO Free