

TYPICAL NUTRITIONAL ANALYSIS: Flax Seed Flake

Analysis	Results (per 100g)
Energy	1880kJ (449kc)
Crude Protein	33.10g
Total Fat	14.2g
↯ Saturated Fat	1.60g
↯ Polyunsaturated Fat	9.94g
↯ Monounsaturated Fat	2.60g
Total Carbohydrate	46.40g
↯ Dietary Fibre	39.40g
↯ Insoluble Dietary Fibre	31.40g
Total Sugars	2.88g
↯ Fructose	<0.03g
↯ Glucose	0.15g
↯ Lactose	<0.05g
↯ Maltose	<0.05g
↯ Sucrose	2.73g
Moisture	0.20g
Ash	6.10g
Omega 3 Fatty Acids	7.58g
Sodium	91mg
Magnesium	560mg
Calcium	350mg
Lignans (SDG)	1620mg

This is to certify that the above information is a typical analysis drawn from independent testing of several lines of Flax Seed Flake produced for Fourflax.