

## TYPICAL NUTRITIONAL ANALYSIS: Flax Seed Oil

Extracted from Linseed seed (*Linum usitatissimum*) grown in Canterbury, and cold pressed at our plant in Ashburton. A 100% Kiwi product.

Analysis	Results (per 100g)
Energy	3660kJ (875kc)
Protein	0g
Carbohydrates	0g
♦ Sugars	0g
Fat, total	<b>100g</b>
♦ Saturated	8.8g
♦ Polyunsaturated	75.7g
- Linoleic Acid (Omega 6)	14.9g
- <b>Linolenic Acid (Omega 3)</b>	<b>60.7g</b>
♦ Monounsaturated	15.5g
- Oleic Acid (Omega 9)	15.3g
Sodium	<5mg

This is to certify that the above information is a typical analysis drawn from independent testing in New Zealand of several lines of Flaxseed oil produced for Fourflax.