



# Natunola<sup>®</sup> Omega-3 Flax 70

## Product Description

Natunola<sup>®</sup> Omega-3 Flax 70 is our highest omega-3 product. By using just over one gram of this ingredient, per serving size, manufacturers may be able to make a 'source of omega-3' label claim.

Natunola<sup>®</sup> Omega-3 Flax 70 is made up of 70% flax kernel and 30% flax hull and whole seed. Because of the patented technology used in processing this food ingredient, it has been formulated to contain more omega-3 per gram than any other traditionally processed flaxseed ingredient. It also offers superior storage capabilities over traditional flaxseed products as it does NOT require refrigeration.

Natunola<sup>®</sup> Omega-3 Flax 70 is: kosher certified, non-GMO, gluten free, and safe for most individuals with severe nut allergies. This product is low in saturated fat, free of trans fats, free of cholesterol, and free of sodium (or salt).

## 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.



Also available in retail under the brand name Natunola<sup>®</sup> health's delight



[www.healthsdelight.com](http://www.healthsdelight.com)

## Product Application

Natunola<sup>®</sup> Omega-3 Flax 70 can be used in a number of applications and is a novel ingredient in prepared foods such as:

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

## Product Specifications

Appearance:	70% yellow kernel, 30% brown hull and seed
Texture:	Course seed
Oil Content:	Average 40%
Protein Content:	Average 20%
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:	1 Year
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)	606
Energy (kJ/100g)	2538
Fat (including Omega-3)	47.1
Omega-3	27.4
Omega-6	6.2
Carbohydrate (including fiber)	26.5
Protein	20.3
Ash	3.2
Moisture	3.0

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

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