

Natunola® Omega-3 Flax Meal

Product Description

Natunola® Omega-3 Flax Meal is a premium substitute for traditional milled or ground flaxseed ingredients. The nutritional benefits of this product are similar to traditional flaxseed products however it is much more shelf stable, does not require special storage and remains fresh for a longer period without the use of preservatives.

To make a 'source of omega-3' claim using this ingredient, you would need to add approximately 1.3 grams per serving size of the food product. Natunola® Omega-3 Flax Meal is an excellent choice for bakery products as it is easily incorporated into many formulations to increase omega-3 and fiber content with little impact to the overall texture of the final product but adding a pleasant new taste.

This product 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 fat, free of cholesterol, and low in sodium.

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 and hormone associated cancers, improved immune function, and protection against type II diabetes.



Also available
in retail
under the
brand name
Natunola®
health's delight



www.healthsdelight.com

Product Application

Natunola® Omega-3 Flax Meal 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 Bars (snack, energy, etc)

Product Specifications

Appearance:	Yellow and brown powder
Texture:	Finer than 12 Mesh, large particle powder
Oil Content:	Average 35%
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)	564
Energy (kJ/100g)	2361
Fat (including Omega-3)	38.8
Omega-3	22.5
Omega-6	5.1
Carbohydrate (including fiber)	36.6
Protein	17.9
Ash	3.9
Moisture	2.8

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

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Natunola Health Inc.

Sales: 21 Antares Drive, Unit 123-124, Nepean, ON Canada K2E 7T8

Manufacturing Plant: 661 St. Lawrence Street, Winchester, ON Canada K0C 2K0

Tel: (613) 774-9998 * Fax: (613) 774-2226 * flax@natunola.com * www.natunola.com