

H & A (Canada) Inc.

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Product Data

Organic Sprouted Flax

Item #: F7001

Product Description	
Product Code	7001
Product Description	Golden flax seed, germinated, dried, milled
Product Brand	Sprouted Flax Powder
Organic Status	OC/PRO Canada, USDA-NOP
Kosher Status	Star-K

Visual Standards	
Colour	Speckled golden/yellow
Texture	Free flowing product
Aroma	Faint nut-like

Major Seed Specifications	
Seed Purity	98 – 100%
Raw Seed Moisture	7 – 9%
Powder Moisture	3.5 – 4.9%
Raw Seed Germination	97 – 100%

Microbial Specifications	
Total Plate Count	< 10 ⁵
Coliforms MPN/g	< 10 ³
Yeast and Mold CFU/g	< 10 ²
E. coli 0157H7 MPN/g	Negative
Salmonella +/-	Negative
Listeria +/-	Negative

Chemical Analysis	
Calories	550 / 100g
SDG Lignan Antioxidant	1.26%
Protein	20.0 / 100g
Omega-3 Fatty Acids	23g / 100g + 2.0g
Omega-6 Fatty Acids	5g / 100g + 1.0g
Vitamin E	4.69 mg / 100g ± 1.0g

Special Properties	
Gluten Free	Not detected in product
Lactose Free	Not detected in product
Allergen Free Product / Facility	Eggs / egg products, fish, crustaceans, shellfish, soy, peanuts & derivatives not present

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