

FLAX PROTEIN POWDER



Canada is the largest producer of flaxseed in the world, and we source all of our flaxseed from conventional and organic growers across the Canadian Prairies. Our flaxseed is cold-pressed to extract the oil, leaving a protein-rich seed cake. This seed cake is then cold-milled into a nutrient rich protein powder, containing both omega-3 ALA and fiber.

Quick Facts:

- High in omega-3 essential fatty acids; flaxseed has one of the highest concentrations of omega-3 ALA in plant based products
- As of 2016, FDA rules state that omega-3 content claims can only be made for products with omega-3 ALA, and can no longer be made for products containing omega-3 DHA and EPA from products such as fish oil
- Source of healthy, plant-based proteins
- Rich in nutrients such as: vitamin B, vitamin E, fiber, and iron
- Non-GMO, gluten and allergen Free
- Light nutty taste
- Functions as a hydrocolloid in baking with excellent binding characteristics
- Supplement quality product ideal for encapsulation

Nutrition Facts

Serving Size 1/4 cup (31g)

Amount Per Serving

Calories **45**

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0g **0%**

Cholesterol 0mg

Sodium 0mg **0%**

Total Carbohydrate 11g **3%**

Dietary Fiber 10g **35%**

Sugars 0g

Protein 10g

Calcium 7% • Iron 10%

Potassium 4% • Phosphorous 10%

Magnesium 25% • Zinc 20%

Copper 12% • Manganese 20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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