

**Protein rich
High in fibre**

**Fat-reduced
Non GMO**



ORGANIC GOLDEN FLAXSEED MEAL

A natural source
of dietary fibre and protein.
Gluten free and lignan rich.

500g

STORE IN A COOL DRY PLACE



Stoney Creek Organic Flaxseed Meal

Stoney Creek Organic Flaxseed Meal, with its unique nutty flavour, provides an excellent natural source of soluble (mainly mucilage) and insoluble dietary fibre, all of which aids digestion and regular bowel movement.

Flaxseed Meal is also a natural source of protein, the essential fatty acids Omega 3 and Omega 6, and is the richest natural source of lignans - which the body may convert into beneficial phyto-oestrogens.

Stoney Creek Organic Flaxseed Meal may be combined with a variety of foods, but must be accompanied by adequate fluids.

INGREDIENTS: Cold-pressed flaxseeds (linum usitatissimum), fat-reduced.
Contains no cholesterol, additives or preservatives.

How to use: Sprinkle two tablespoons over porridge or cereal, combine with seasonal fruit salads, drinking yoghurt or fruit smoothies, and follow with a tumbler of water or fruit juice. Alternatively, add to fruit loaves, muffins and health bars for that extra texture and dietary fibre.



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NUTRITIONAL INFORMATION

	QTY PER SERVE	*Average QTY PER 100g
Servings per 500g package (Adult) - 50		
Serving size (Adult)- 1 tablespoon - 10gm		
ENERGY	134kj	1340kj
PROTEIN	3.5g	35.0g
FATS - total	1.00g	10.0g
-Saturated (max)	0.15g	1.5g
-Omega 3 ALA	0.50g	5.0g
-Omega 6 LNA	0.15g	1.5g
-Omega 9 OLEIC	0.20g	2.0g
DIETARY FIBRE - total	4.75g	47.5g
-Soluble	1.5g	15.0g
-Insoluble	3.25g	32.5g
CARBOHYDRATES	<0.1g	<0.1g
-Sugars	<0.1g	<0.1g
SODIUM	8mg	80mg
LIGNANS	8mg	80mg

TYPICAL ANALYSIS*

*A natural product, subject to seasonal variations



IFOAM
ACCREDITED

Cert. No. 3311P

