

Flax Seed Fibre

Typical Nutritional Analysis

Analysis		Results
Energy	1880	kJ/100g
Crude Protein	33.10	g/100g
Total Fat	14.2	g/100g
- Monounsaturated Fat	2.60	g/100g
- Polyunsaturated Fat	9.94	g/100g
- Saturated Fat	1.60	g/100g
Total Carbohydrate	46.40	g/100g
- Dietary Fibre	39.40	g/100g
- Insoluble Dietary Fibre	31.40	g/100g
Total Sugars	2.88	g/100g
- Fructose	<0.03	g/100g
- Glucose	0.15	g/100g
- Lactose	<0.05	g/100g
- Maltose	<0.05	g/100g
- Sucrose	2.73	g/100g
Moisture	0.20	g/100g
Ash	6.10	g/100g
Omega 3 Fatty Acids	7.58	g/100g
Sodium	91	mg/100g
Magnesium	560	mg/100g
Calcium	350	mg/100g
Lignans (SDG)	1620	mg/100g