



Flax Seed Fibre

Flake or Powder from Cold-Pressed, De-fatted Linseed
Certified Organic & Conventional



Flax Seed Fibre

A rich, natural source of Dietary Fibre, Protein and Lignans

What is Flax Seed Fibre

Bio Oils' Flax Seed Fibre is produced from either certified organic or conventional linseed (*Linum usitatissimum*) after the oil has been extracted by cold pressing (also known as de-fatted seed). It is a highly nutritious product available in whole flake or a finely milled powder. Our linseed is grown in the rich, fertile soils of the Central South Island of New Zealand, in the shadows of the beautiful Southern Alps. Flax Seed Fibre has many benefits of whole linseed but with a slightly different nutritional profile. With much of the oil extracted from the seeds, the powder has higher concentration of dietary fibre and protein, and less fat and calories than an equal volume of whole seeds.

Health Benefits

Our Flax Seed Fibre is an excellent source of dietary fibre (soluble and insoluble), protein, plant lignans and minerals. Flax seed (linseed) has been shown to have many health benefits including:

- Improved bowel health and blood sugar stabilisation¹.
- Lowered cholesterol and improves cardiovascular health².
- Supports hormonal balance³.
- Helps prevent certain types of cancers; breast cancer in post-menopausal women and colon cancer⁴.
- Reduced frequency of hot flushes in menopausal women⁵.

Country of Origin

Grown, produced and packaged in New Zealand

Available Bulk Packaging: 25kg Sack



Nutritional Information

Nutrition Information		
Serving Size: 18g (2 Tbsp)		
	Average Quantity per Serving*	Average Quantity per 100g*
Energy	400 kJ	1600 kJ
Protein	8 g	32 g
Fat, total	4.2 g	17 g
- saturated	0.4 g	1.7 g
- trans	0 g	0 g
- polyunsaturated	3.2 g	13 g
- alpha linolenic acid (omega 3)	2.4 g	9.7 g
- monounsaturated	0.6 g	2.4 g
Carbohydrate	0.6 g	2.7 g
- sugars	0.3 mg	1.2 g
Dietary Fibre	11 g	45 g
Iron	2.1 mg	8.7 mg
Magnesium	127 mg	510 mg
Phosphorus	197 mg	790 mg
Sodium	30mg	120 mg
Gluten	0 mg	0 mg

Ingredients: Cold Pressed, Unrefined, Flax Seed Powder (100%)

*Subject to natural variation. All specified values are averages



Functional Properties

Dietary Fibre

Protein

Lignans

Omega 3

Copper

Magnesium

Phosphorous

Certified Organic

or Conventional

Available in Flake or Powder form



Uses & Applications

Natural mild, nutty flavour.

Nutrition/food; functional food ingredient to increase fibre and/or protein. Addition to breakfast cereals, muesli bars, baked goods, gluten free breads, and smoothie or protein powder mixes. Thickening or binding agent for soups, sauces, patties for example.

Animal Food; as a functional ingredient.

Stability: 24 months from date of manufacture. Keep cool and dry.

1 - Kajla, P., Sharma, A., & Sood, D. R. (2015). Flaxseed—a potential functional food source. *Journal of food science and technology*, 52(4), 1857–1871. <https://doi.org/10.1007/s13197-014-1293-y>

2 - Mozaffarian, D., & Wu, J. H. (2011). Omega-3 fatty acids and cardiovascular diseases: effects on risk factors, molecular pathways, and clinical events. *Journal of the American College of Cardiology*, 58(20), 2047–2067. <https://doi.org/10.1016/j.jacc.2011.06.063>

3 - Al-Madhagy, S., Ashmawy, N.S., Mamdouh, A. et al. A comprehensive review of the health benefits of flaxseed oil in relation to its chemical composition and comparison with other omega-3-rich oils. *Eur J Med Res* 28, 240 (2023). <https://doi.org/10.1186/s40001-023-01203-6>

4 - Rodriguez-Garcia C, Sanchez-Quesada C, Toledo E, Delgado-Rodriguez M, Gafarío JJ. Naturally Lignan-Rich Foods: A Dietary Tool for Health Promotion? *Molecules*. 2019 Mar 6;24(5):917. doi: 10.3390/molecules24050917. PMID: 30845651; PMCID: PMC6429205.

5 - Chen MN, Lin CC, Liu CF. Efficacy of phytoestrogens for menopausal symptoms: a meta-analysis and systematic review. *Climacteric*. 2015 Apr;18(2):260-9. doi: 10.3109/13697137.2014.966241. Epub 2014 Dec 1. PMID: 25263312; PMCID: PMC4389700.