



Golden Flax Seed Fibre

Milled from Cold-Pressed, Certified Organic Defatted Seed



bio-oils.co.nz

Golden Flax Seed Fibre

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

What is Golden Flax Seed Fibre

Bio Oils' Golden Flax Seed Fibre (*Linum usitatissimum*) is produced from certified organic golden flax seed after the oil has been extracted by cold pressing (also known as defatted seed). It is then milled into a highly nutritious powder. Our golden flax seeds are grown in the rich, fertile soils of the Central South Island of New Zealand, in the shadows of the beautiful Southern Alps. Golden Flax Seed Fibre has many benefits of whole flax seeds but with a slightly different nutritional profile. With much of the oil extracted from the seeds, the powder has fewer calories and less fat than an equal volume of whole seeds.

Health Benefits

Our Golden 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	0.9 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	30 mg	120 mg
Gluten	0 mg	0 mg

*Subject to natural variation. All specified values are averages.

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



Functional Ingredients

Dietary Fibre
Protein
Lignans
Omega 3
Copper
Magnesium
Phosphorus



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 - Kojala, 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 disease: 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-García C, Sánchez-Quesada C, Toledo E, Delgado-Rodríguez M, Gaforio 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.