



**Not Just Good. Essential!**

**PRODUCT SPECIFICATION**

**COLD PRESSED FLAX OIL**

**Product of Canada**

**Non GMO**

**100% All Natural**

**Certified Kosher and Halal**

*Color:* Light Golden Yellow

<i>Constituent</i>	<i>Average</i>	<i>Range</i>
Iodine Value	193	170 - 215
Saponification value	194	186 to 196
Unsaponifiable matter	0.8 %	0 - 1.5%
Trans Fatty Acids	0	0 - 0.5 Grams/100g
p-Anisidine Value	0.5 %	0 - 6 % p-A.V.
Peroxide Value	0.5	0 - 5 meg/kg
Acid value	0.2	0 - 4.0 mg KOH/g fat or oil
Free Fatty Acids	0.11%	0 - 2.0%

***Fat Content*** %relative (average) Values May Vary up to 5%

Saturated Fat	8%	0 - 12%
Naturally Occurring Trans Fat	0%	0- 0.5
Monounsaturated Fat	18.9%	15% - 25%
Polyunsaturated Fat	73.14%	65% - 75%

***Fatty Acid Profile*** *Average %* *Range %*

Omega 3 C18:3n3 (alpha-Linolenic)	57%	50 - 75%
Omega 6 C18:2 (Linoleic)	15.87%	12 - ≤26%
Omega 9 C18:1n9 (Oleic)	17.87%	15 - ≤21%

***Metals Analysis*** *Target* *Range*

Cadmium	0	0 - 0.4 mg/kg
Copper	0	0 - 0.4 mg/kg



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Iron	0	0 - 5.0 mg/kg
Lead	0	0 - 0.1 mg/kg
Mercury	0	0 - 0.01 mg/kg

This product does not contain any of the following Canadian Food Inspection Agency identified foods that might cause allergies and sensitivities.

- peanuts
- tree nuts (almonds, Brazil nuts, cashews, hazelnuts (filberts), macadamia nuts, pecans, pine nuts, pistachios, walnuts)
- sesame seeds
- soy
- wheat
- sulphites
- milk products
- eggs
- fish, crustaceans (e.g. crab, crayfish, lobster, shrimp) and shellfish (e.g. clams, mussels, oysters, scallops)
- mustard