



**Contact**

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## WHOLE FLAXSEED SPECIFICATIONS

### PHYSICAL STANDARDS

Color	Medium Brown
Odor	No off odors
Texture	Smooth, free flowing granulation
Extraneous	Free of insects and filth
Foreign Material	<0.5 - <2.0%

### CHEMICAL ANALYSIS

Energy	450cal/100g		
Lignans (SDG, 281 nm)	min -1.0%		
Moisture %	4 (Min)	10 (Max)	8 (Typical)
Protein	15 (Min)	30 (Max)	20 (Typical)
Dietary Fiber	24 (Min)	30 (Max)	27 (Typical)
Carbohydrate	28 (Min)	35 (Max)	30 (Typical)
Fat (Acid Hydrolysis)	40 (Min)	45 (Max)	43 (Typical)
Polyunsaturates	20 (Min)	30 (Max)	25 (Typical)
Alpha-Linolenic Acid (ALA)	20 (Min)	24 (Max)	22 (Typical)
Linoleic Acid	5 (Min)	7 (Max)	6.5 (Typical)
Monounsaturates	4 (Min)	10 (Max)	6 (Typical)
Saturates	3 (Min)	8 (Max)	4 (Typical)

*Our FlaxPure whole flaxseed processed by Paterson Grain has passed an unprecedented selection process. This process ensures uniform color, exceptional flavor, and a high concentration of Omega-3 fatty acids that has brought Canadian grown flaxseed the attention it deserves.*