



## Brown Linseed

Brown Linseed is a great source of protein necessary for tissue building and repair, which contributes the growth and maintenance of muscle mass and bone normality.

Brown Linseed also has high levels of dietary fibre both soluble and insoluble which contributes to regular laxation. In addition, the oil component provides the Essential Fatty Acid (EFA) Alpha Linolenic Acid (Omega 3). We cannot produce EFA's ourselves, and therefore they need to be an essential part of our daily diet, making it an ideal functional food ingredient.

Brown Linseed provides nutrients that will ensure optimum health and well-being for the whole family, and it can easily be incorporated into the daily diet.

### Technical Data

**Product Name:** Brown Linseed

**Botanical Name:** *Linum usitatissimum*

**Food Safety:** This product has been produced in accordance with HACCP principles

**Shelf life:** 12 months from production date

**Allergen Statement:** No allergens. Gluten may be present

**GM Status:** Produced in a GM free production process

**Certifications available:** HACCP and Organic. Kosher and Halal available on request

**Product Variations:**

- Brown Linseed
- Brown Linseed ORGANIC
- Brown Ground Linseed

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