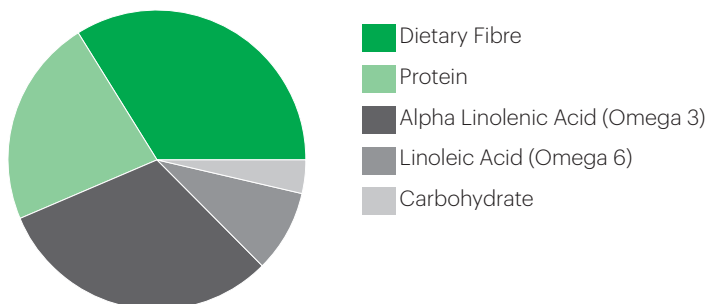# MIDLANDS
Nutrition

Golden Ground Linseed

Golden Ground 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.

Golden Ground 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.

Golden Ground 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: Golden Ground Linseed

Botanical Name: *Linum usitatissimum*

Active Ingredient(s): Dietary Fibre, Protein, Alpha Linolenic Acid (Omega 3), Linoleic Acid (Omega 6).

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

Shelf life: 6 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:
- Golden Ground Linseed
- Golden Linseed
- Organic Golden Linseed

All of the information supplied (the "Data") has been prepared for general information purposes only, and in preparing the Data the Midlands group of companies (Midlands) have relied upon independent laboratory testing and technical services from third parties. Midlands assumes no responsibility whatsoever for any errors or omissions in the Data. As a result the Data is not to be relied upon, and the receiving party should conduct their own investigations with respect to the product and the Data in order to satisfy themselves that it is suitable for their intended purpose.

Key Nutrients

- Dietary Fibre
- Protein
- Alpha Linolenic Acid (Omega 3)
- Linoleic Acid (Omega 6)
- Carbohydrate

Star Rating

Health	★★★★★
Gourmet Culinary	★★★★

midlandsnz.com/nutrition