

# Organic Flaxseed



## What is Organic Flaxseed?

Organic flaxseed (also known as linseed) is a nutrient-dense superfood that has been cultivated for over 6000 years. It is one of the richest sources of plant-based omega-3 fatty acids (alpha-linolenic acid or ALA), as well as protein, fiber, and antioxidants. Flaxseed can help maintain normal blood cholesterol levels, support digestive health, and provide various other benefits. Our organic flaxseed is grown without the use of synthetic pesticides, herbicides, or fertilizers, and is certified by the Soil Association. It is cold-milled to preserve its nutrients and aid easy absorption after consumption. You can add it to your favorite dishes, such as cereals, salads, soups, smoothies, or baked goods, to boost their nutritional value and flavor.

## Specification

Parameter	Specification
Product Name	Organic Flaxseed
Scientific Name	Linum usitatissimum
Origin	China
Appearance	Brown seeds, ground to a size of 0.5 mm
Odor	Characteristic
Taste	Characteristic
Moisture	Max 10%
Protein	Min 18%
Fat	Min 40%
Fibre	Min 25%
Ash	Max 5%
ALA (Omega-3)	Min 19%
Heavy Metals	Lead: Max 0.2 mg/kg; Cadmium: Max 0.1 mg/kg; Mercury: Max 0.02 mg/kg; Arsenic: Max 0.1 mg/kg
Microbiological	Total Plate Count: Max 10,000 cfu/g; Yeasts and Moulds: Max 100 cfu/g; E. coli: Absent in 10 g; Salmonella: Absent in 25 g

## Packing

