



VALLEY KITCHEN PRODUCT SPECIFICATIONS



INTRODUCTION

Our core values

We believe that whether you need a special diet for medical reasons or select foods as a personal choice, you should be able to trust and enjoy foods that support your commitment to living your best life.

Product Description

The Valley Kitchen flax family contains four exceptional individuals composed of pure, Canadian, premium food-grade, brown and golden flax seeds.

Our cold milling process releases all the goodness trapped inside the seed. In addition, sifting removes any pieces of seed husk that might be a digestive irritant, making our milled flax suitable for people with gastrointestinal conditions including Crohn's, IBS/IBD, diverticulosis, and Lupus.

Flax is a wholesome food solution to some severe medical issues.
Using flax is as easy as eating!

Two tablespoons of milled flax can help:

- Reduce LDL cholesterol
- Lower blood pressure
- Control blood sugar
- Promote regularity
- Help prevent colon and rectal cancer
- Reduce the incidence of obesity
- Feed pro-biotic bacteria for good GI health



LIMITS

Certifications

International NSF quality assured; SFCR / CFIA Licensed and inspected; certified gluten-free.

Microbiological Limits

Coliforms	<10,000
E. Coli	<10
Salmonella	Negative
Listeria	Negative
Cpstaph	<10
Yeast and Mold	<5,000

Allergen Declaration			
Allergenic component	Present in the product including flavorings, seasonings, and spices	Present in other products manufactured on the same line	Present in the same manufacturing establishment
Peanuts	NO	NO	NO
Peanut oil	NO	NO	NO
Tree nuts	NO	NO	NO
Sesame seeds/oil	NO	NO	NO
Mustard seeds/oil	NO	NO	NO
Milk and derivatives	NO	NO	YES staff room only
Eggs or egg products	NO	NO	YES staff room only
Fish	NO	NO	YES staff room only
Shellfish & crustaceans	NO	NO	NO
Soy	NO	NO	NO
Wheat	NO	NO	YES staff room only
Sulphites	NO	NO	NO

SHELF LIFE

Storage and Shelf Life

Store from 15°C to 20°C, cool, dry. The humidity at <50%. Under this condition, milled flax is stable for up to 16 months as shipped. Use within 12 months for optimum quality unless maintained at a lower temperature. This product is durable for several months longer when stored in a refrigerator or freezer. Use within six weeks after opening.

Nutrition Facts

The low net carb and the high fiber content of flax make milled flax an ideal diabetic food. It is also the perfect food for the keto diet.

Brown and Golden Flax Flour and Golden Flax Powder are all nutritionally equivalent.

Approximate nutrient analysis of flax



Approximate nutrient analysis

Nutrient	Approximate content
Calories	465 Kcal
Total fat	37 g
Saturated fat	3.52 g
Polyunsaturated fat	25.4 g
Monounsaturated fat	8 g
Omega – 6	5.7 g
Omega – 3	20.7 g
Cholesterol	0
Sodium	27.0 mg
Potassium	831 mg
Phosphorus	622 mg
Total carbohydrates	36.4 g
Dietary fibre	27.6 g
Soluble fibre	9.2 g
Insoluble fibre	18.4 g
Sugars	1.05 g
Protein	19.7 g
Vitamin A	0
Vitamin C	0.530 mg
Calcium	236 mg
Iron	5.40 mg



PRODUCTS



GOLDEN FLAX FLOUR 6KG

Product Description and Uses

Golden flax flour virtually disappears in food. Add to hot oatmeal, Cream of Wheat, cold cereals, and bakery goods such as cookies, muffins, and bread to maintain their light appearance. Use to thicken, texturize, and add the nutritional value of fiber, omega-3 fatty acids, plant protein, and antioxidants.

Ingredients

Golden (Yellow) Flax Seeds

Packaging/Shipping

Packed in the poly plastic inner with corrugate box outer
1 x 6 kg (alternative formats available)
Standard TI/HI 13 / 8 (104 cs); suggested minimum of 39 cs
PORTIONS per CASE: 600 x 10 g (1 1/2 Tbsp) portions

Product Identification and Coding

Golden Flax Flour

Valley Flaxflour Ltd manufacturer product code 0021

Acronym SGN

SCC 1085223000212

Best Before Date / Lot# sample BBD YYYYMMDD

Lot # YYDDDDSGN





GOLDEN FLAX FLOUR 10 KG

Product Description and Uses

Golden flax flour virtually disappears in food. Add to hot oatmeal, Cream of Wheat, cold cereals, and bakery goods such as cookies, muffins, and bread to maintain their light appearance. Use to thicken, texturize, and add the nutritional value of fiber, omega-3 fatty acids, plant protein, and antioxidants.

Ingredients

Golden (Yellow) Flax Seeds

Packaging/Shipping

Packed in the poly plastic inner with corrugate box outer
2 x 10 kg (alternative formats available)
Standard TI/HI 5 / 5 (25 cs); suggested minimum of 25 cs
PORTIONS per CASE: 1325 x 15 g (2 Tbsp) portions

Product Identification and Coding

Golden Flax Flour

Valley Flaxflour Ltd manufacturer product code 0023

Acronym SGN

SCC 1085223000236

Best Before Date / Lot# sample BBD YYYYMMDD

Lot # YYDDDSGN





BROWN FLAX FLOUR

Product Description and Uses

Brown flax is visible in foods, giving a wholesome, hearty grain appearance to hot cereals, cold cereals, and regular bakery goods such as cookies, muffins, and bread. Use to thicken, texturize, and add a nutritional value of fiber, omega-3 fatty acids, plant protein, and antioxidants.

Ingredients

Brown Flax Seeds

Packaging/Shipping

Packed in the poly plastic inner with corrugate box outer
1 x 6 kg (alternative formats available)
Standard TI/HI 13 / 8 (104 cs); suggested minimum of 39 cs
PORTIONS per CASE: 600 x 10 g (1 1/2 Tbsp) portions

Product Identification and Coding

Brown Flax Flour

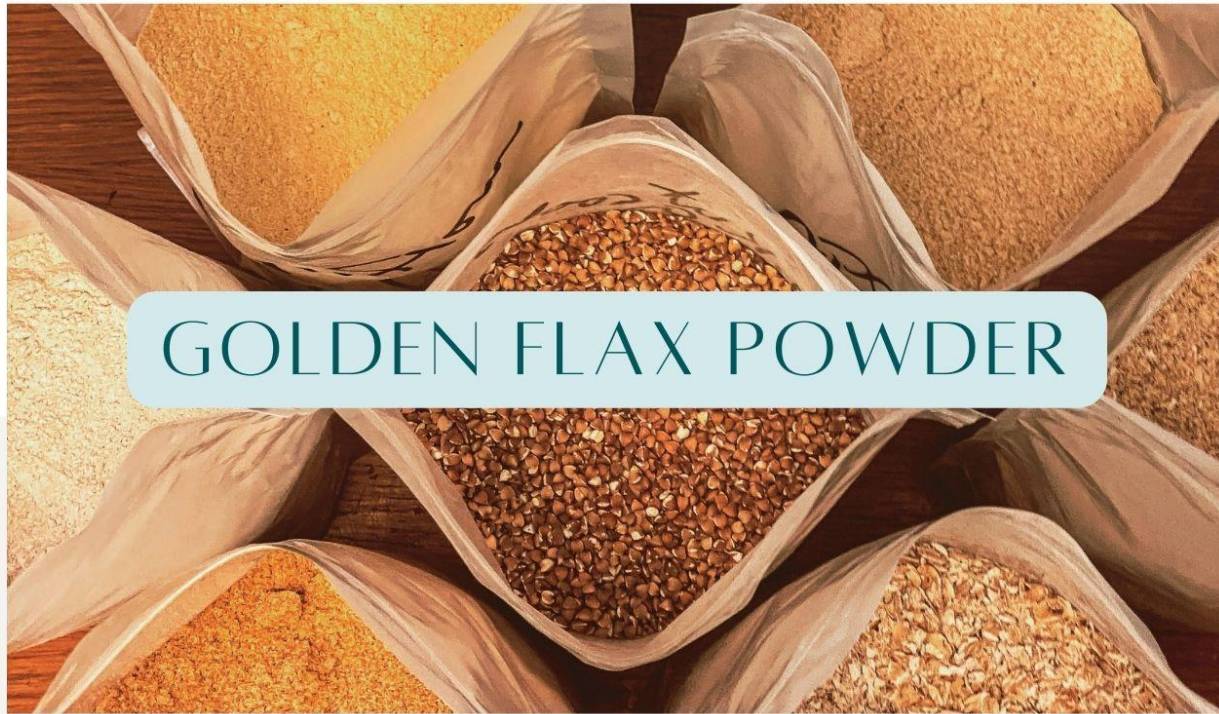
Valley Flaxflour Ltd manufacturer product code 0006

Acronym SBN

SCC 10852203000069

Best Before Date / Lot# sample BBD YYYYMMDD Lot #
YYDDDSBN





GOLDEN FLAX POWDER

Product Description and Uses

Ready to Eat. Dry heat pasteurized to ensure Golden Flax Powder is safe for raw consumption. Use where a smooth mouthfeel and light colour are most desirable, in breakfast and meal replacement beverages, yogurt, shortbread and sugar cookies, white bread, and cupcakes to thicken, texturize, and add a nutritional value of fiber, omega-3 fatty acids, plant protein, and antioxidants.

Ingredients

Golden (yellow) Flax seeds

Packaging/Shipping

Packed in a resealable double poly plastic inner with corrugate box outer
4 x 800 g (alternative formats available)
Standard TI/HI 13 / 8 (104 cs); suggested minimum of 39 cs
PORTIONS per CASE: 320 x 10 g (1 1/2 Tbsp) portions

Product Identification and Coding

Golden Flax Powder

Valley Flaxflour Ltd manufacturer product code 0041

Acronym SG700

SCC 10852203000410

Best Before Date / Lot# sample BBD YYYYMMDD Lot #
YYDDDSG700



GOLDEN FLAX POWDER

Individual Portion



Product Description and Uses

When safety and convenience are paramount. Labour cost savings. Ready to Eat. Dry heat pasteurized to ensure Golden Flax Powder is safe for raw consumption.

Use where smooth mouthfeel and light colour are most desirable, in breakfast and meal replacement beverages, smoothies, applesauce, yogurt, and cereal to add a nutritional value of fiber, omega-3 fatty acids, plant protein, and antioxidants.

Ingredients

Golden (yellow) Flax seeds

Packaging/Shipping

Packed in a single-use, discardable pouch

PORTIONS per CASE: 100 units of 10 g per case, packed in 2 poly bags of 50 units

Standard TI/HI 24 / 6 (144 cs); suggested minimum 24 / 2 (48 cs)

Product Identification and Coding

Valley Kitchen Golden Flax Powder 10 g IP Original

Valley Flaxflour Ltd manufacturer product code 0043

Acronym SG700IPO

Outer box SCC 10852203000434

Best Before Date / Lot# sample BBD YYYYMMDD

Lot # YYDDDSG700IPO

There is a run code impression on the edge of each pouch





BON APPETIT!

For product samples, support, and information,
please contact Freeman Signature National
Food Service Sales & Marketing



service@freemancan.com

888-641-2040 ext. 1

