

FLAX IN HEALTH CARE

A Natural Alternative in Bowel Care Management



What is a Natural Bowel Care Program?

The use of pharmaceutical laxatives in long term care is of continuous concern to care providers. Seventy-four percent of nursing home residents are taking at least one type of laxative. This activity continues even with abundant evidence that many of these products have considerable side effects. Complications can include dependency, loss of bowel function, and product specific complications. Valley Kitchen's natural bowel care program, "As Easy as Eating", helps you implement the safe use of Valley Kitchen Flax Flour into your client's diet. Incorporating 2-3 tablespoons of finely milled, sifted flax seeds every day can reduce the cost of pharmaceuticals interventions, promote bowel regularity, and improve quality of life. A survey of Nova Scotia Nursing homes using flax as a component of a natural care program reduced the need for laxatives, suppositories, and enemas by up to 80%.

Why Valley Kitchen Flax Flour?

Including milled, sifted flax seeds in the diet has shown to effectively reduce symptoms of constipation, making Valley Kitchen Flax Flour a perfect addition to your client's daily care plan. Unlike other fibre solutions and pharmaceuticals, flax flour also provides omega-3-fatty-acids, anti-oxidants, and protein. Valley Kitchen Flax Flour provides your clients a natural, multifunctional, alternative care solution.

References

Soltanian, Noureddin, and Mohsen Janghorbani. "Effect of flaxseed or psyllium vs. placebo on management of constipation, weight, glycemia, and lipids: A randomized trial in constipated patients with type 2 diabetes." *Clinical nutrition ESPEN* 29 (2019): 41-48.
Canada, Health. "Government of Canada." Canada.ca / Gouvernement Du Canada, 22 Jan. 2019, www.canada.ca/en/health-canada/services/nutrients/fibre.html.

FLAX POWDER



Valley Kitchen super-fine Flax Powder contains all the nutritional value of whole flax seeds. Use Flax Powder to add fibre, omega-3 fatty acids, protein, and antioxidants to your food. Add Valley Kitchen Flax Powder to breakfast cereals, scrambled eggs, beverages, applesauce, and yogurt. Flax Powder can also be used as a thickener for texture modified foods.

Comparative fibre, protein, and sugar in various cereals

Cereal	Quantity	Total Fiber	Protein	Sugar
Valley Kitchen Flax Flour	2 Tbsp / 14 g	4 g	3 g	0 g
Valley Kitchen Flax Powder	2 Tbsp / 12 g	3 g	2 g	0 g
Prune juice	2 Tbsp / 34 g	< 0.5 g	< 0.5 g	6 g
Prune spread	2 Tbsp / 33 g	< 2 g	< 0.5 g	8 g
Bran Flakes	2 Tbsp / 4 g	0.6 g	0.4 g	0.5 g
All-Bran	2 Tbsp / 4 g	3 g	1 g	1.5 g

Valley Kitchen flax flour & flax powder are, by far, your best value in nutrient density.

Products Available from SYSCO

Product & Unit Size	Units / case	Case Weight kg	SYSCO Item Number	Storage	Shelf life
Golden Flax Flour 6 kg	1	6.25	5719267	Cool / Dry	365 days
Brown Flax Flour 6 kg	1	6.25	7793961	Cool / Dry	365 days
Flax Powder 800 g	4	3.6	5518347	Cool / Dry	365 days
Flax Powder Individual Portions (IPs) 10 g	100	1.45	5583289	Cool / Dry	365 days



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