



REQUESTED PRODUCT DATA INFORMATION

Company Name: Dahlgren & Company, Inc.

Lipari Product Code #: 709342

Code #

Product Name: Flax Seeds Whole

UPC#

Date Sent: 2/11/2010

Ingredients: Whole, Raw Flax Seeds.

Manufacture BY: Dahlgren & Company, Inc.

Allergen Statement:

Description of Product: Whole, raw Flax Seeds.

Ideal Storage Temperature: Long Term Storage: 40F

Ideal Storage % Relative Humidity: Long Term Storage: 40-60%

Shelf Life: 1 Year.

Initial ESHA Review

Date of Updates:

Nutritional Information

Serving Size 100g

Amount per Serving 1

Calories 534 Calories from Fat: 0

		% Daily Value *
Total Fat	42.2 g	0 %
Saturated Fat	3.7 g	0 %
Trans Fat	0 g	0 %
Cholesterol	0 mg	0 %
Sodium	30 mg	0 %
Total Carbohydrate	28.9 g	0 %
Dietary Fiber	27.3 g	0 %
Sugars	1.6 g	0 %
Protein	17 g	0 %
Vitamin A	0 %	Vitamin C 0 %
Calcium	0 %	Iron 0 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on calorie needs.

Calories: 2,000 2,500

Total Fat	Less than 6g	9g	80g
Sat Fat	Less than 20g	20g	25g
Cholesterol	Less than 300mg	300mg	300mg
Sodium	Less than 2,400mg	2,400mg	2,400mg
Total Carbohydrates	300g	300g	375g
Dietary Fiber	25g	9g	30g
Calories per gram	0		
Fat og	Carbohydrates: 0		Protein 0