



# 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 %	0 %
Vitamin C	0 %	0 %
Calcium	0 %	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 65 g	80 g
Sat Fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Total Carbohydrates	300 g	375 g
Dietary Fiber	25 g	30 g
Calories per gram	0	
Fat og	Carbohydrates: 0	Protein 0