

Sterling Choice™

premium flaxseed

**Golden or Brown Stabilized,
Ground, Whole-Grain Flaxseed**

Sterling Choice™ premium, non-GMO, stabilized, ground flaxseed ingredients offer a rich source of omega-3 fatty acid for use in a variety of food applications.

Omega-3 Fatty Acids from Flaxseed

- On average, the American diet is 50% deficient in essential omega-3 fatty acids.
- The National Academy of Science's Institute of Medicine (NAS/IOM) has concluded that flaxseed offers one of nature's richest sources of omega-3 fatty acids (20%), in the form of alpha-linolenic acid (ALA).
- Humans metabolically convert ALA into the long-chain omega-3 fatty acids, EPA and DHA, that are found in fish oils.
- A recommended Adequate Intake (AI) of ALA is 1.6 grams per day, equivalent to 8 grams of flaxseed per day.

Suggested Resources:

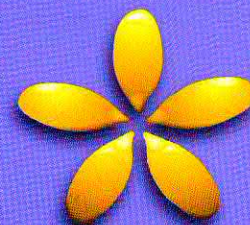
"Dietary Reference Intakes: Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, Amino Acids", National Academy of Science – Institute of Medicine. National Academy Press. Sept, 2002.

Typical Analysis (per 100-g)

Omega-3 Alpha-Linolenic Acid (ALA)	18-22g
Omega-6 Linoleic Acid	4-5g
Trans-Fat	0g
Total Dietary Fiber	25-27g
Insoluble Fiber	17-19g
Soluble Fiber	8-10g
Antioxidant Activity DPPH Method	15,000 µmol TE
Protein	20-23g
Total Fat	37-40g
Total Carbohydrate	28-30g
Ash	3-4g
Moisture	6-8g

INGREDIENT BENEFITS

- ▶ Rich Source of Omega-3 Fatty Acids (20%+)
- ▶ Rich in Antioxidants
- ▶ Rich Source of Total Dietary Fiber (25%+)
- ▶ Rich in Lignans
- ▶ Rich Source of Protein (20%+)
- ▶ 100% Whole Grain, 100% Whole Food
- ▶ 100% All Natural
- ▶ Very-low Glycemic Carbohydrate Content
- ▶ Gluten-free
- ▶ Minimum 12-Month Guaranteed Shelf Life
- ▶ Kosher Certified
- ▶ AIB Certified
- ▶ Certified Organic Available

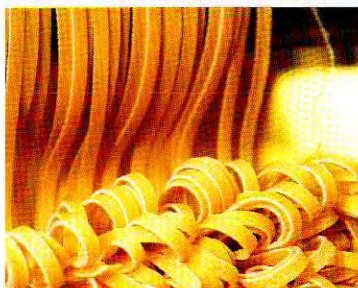


TYPICAL APPLICATIONS

- ▶ Breads, Rolls, Tortillas, Cookies, Muffins
- ▶ Cereals, Pizza Crust, Pasta, Breadings
- ▶ Nutrition Bars, Snack Bars
- ▶ Soups, Sauces, Chilis
- ▶ Meat binders
- ▶ Beverages, Smoothies

TYPICAL USE LEVELS

- ▶ 2-10% by weight of total formula, dependent on application





PRODUCT LINE

- ▶ Sterling Choice™
- ▶ Sterling Choice™ VIP
- ▶ Sterling Choice™ SMOOTHGRIND
- ▶ Sterling Choice™ SMOOTHGRIND VIP

INCLUDES...

VIP - Visual Integrity PLUS for enhanced color uniformity
SMOOTHGRIND fine-ground for optimal particle distribution

Omega-3 Fatty Acid Content Claims

The FDA permits Nutrient Content Claims for omega-3 fatty acids from flaxseed, using the guidelines below.

To calculate how much flaxseed to use in your particular food product application in order to make a content claim, use the "Reference Amount" serving sizes, as defined in the U.S. Code of Federal Regulations, CFR21 §101.12, and obtainable at the following website address:

<http://www.cfsan.fda.gov/~lrd/CF101-12.html>

Approved Content Claim	Adequate Intake (AI)	Omega-3 (as ALA) per serving	Sterling Choice™ Whole Ground Flax per serving
"High, Rich or Excellent" Source	1,600mg	320mg	1.60gm
"Good" Source	1,600mg	160mg	0.80gm
"More" (than reference food) Claim	1,600mg	160mg	0.80gm

Source: U.S. FDA: National Academy of Science/Institute of Medicine.
*Guidelines under regulatory review at time of print. Contact us for updates.

Statement claims on finished products must be accompanied by the following statement: "Contains ___mg of ALA per serving."

We advise that all users of our ingredients seek qualified legal counsel to review and approve all labeling claims. ENRECO, Inc. does not warrant that the claims made herein are appropriate for all labeling purposes, or on all consumer-based products, and does not accept any liability related thereto.

Additional Product Information

Ingredients/Labeling	Flaxseed
Shelf Life	Minimum 1 year Guaranteed. Gold Standard Quality
Storage	Ambient (cool/dry environment)
Regulatory	Natural, Kosher Certified, Certified Organic Available, AIB Certified
Packaging	50-lb (22.68 kg) multi-walled, poly-lined kraft bags (40 bags per pallet) 2,000-lb totes (1 tote per pallet)
Order Fulfillment/Shipping	All shipments are made-to-order. Domestic Orders: shipped within 2-3 weeks from date of order International Orders: shipped within 3 weeks from date of order



ENRECO Gold Standard Quality

Microbial cleanliness of raw ingredients is always paramount. Oxidative stability is vitally important, as well, for both nutritional value and sensory quality. Our specifications guarantee an ambient shelf life of a minimum of 12 months for our Gold Standard Quality ingredients.

ENRECO uses a proprietary heat stabilization treatment, as part of our rigorous triple-cleaning process, to significantly reduce the microbial populations in our flaxseed grains. This treatment also allows for the extended stability of our products. These are just some of the many ways that our whole-grain Sterling Choice™ flaxseed contributes to your finished product quality.



NUTRITIONAL INGREDIENTS—TRUSTED SOURCE

600A Broadway
Sheboygan Falls, WI 53085

Toll Free 1-800-962-9536 Ext 112

Phone 920-550-4061 Fax 920-467-4133

Email sales@enreco.com Website www.enreco.com