

Ingredients: Coarse ground
flax seeds, soy protein.

Keep Refrigerated or
Frozen up to 3 months.
Gardez réfrigérée ou surgelée
durant un maximum de 3 mois.

Weight / Poids: 1 kg

POWERFLAX™
Plus Soy Protein / Plus protéine de soja
Cereal / Céréale
High Fiber, Protein and Omega 3 Fatty Acids
Haute teneur en fibre, protéines et acides gras Oméga 3



Gluten, Egg,
Dairy Free!
Sans gluten,
œufs ou
produits laitiers!

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Plus Soy Protein / Plus protéine de soja
Cereal / Céréale

Directions:
Add 1 cup of boiling water to 1/2 cup flax cereal. Sweeten as desired.

Serving Suggestions:
Add 1 cup of cold or hot milk or unsweetened apple sauce instead of hot water. Sprinkle flax cereal onto your yogurt or salad to add crunch and fiber.
Add 1 part flax cereal to 3 parts of your favourite broth to create a hearty soup.
Use Red Square ground flax instead of bread crumbs to coat chicken, meat or fish before cooking.



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Football des BC Lions**

Nutrition Facts/Valeur nutritive

Serving Size 100g/Portion 100g 10 Servings/Portions

Amount Per Serving/Quantité par portion		
Calories/Calories	460 kcal	
% Daily Value /valeur quotidienne		
Fat/Lipides	30g	46%
Saturated/satures	3g	15%
+ Trans/trans	0g	
Omega 6/omega 6	4g	
Omega 3/omega 3	16g	
Monounsaturated fat mono insaturated gros	6g	
Cholesterol/Cholestérol	0mg	0%
Sodium/Sodium	30mg	1%
Carbohydrate/Glucides	34g	11%
Fiber/Fibres	27g	107%
Sugars/Sucres	3g	
Protein/Protéines	24g	

Vitamin/Vitamine A 0% Vitamin/Vitamine C 2%
Calcium/Calcium 20% Iron/Fer 50%



Manufactured by/Manufacturée par:
Perestroika Products Ltd. Burnaby, B.C. V5J 3L5

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