

JUST ADD APPLE- CINNAMON ROASTED FLAX MIX

ADD IT TO:

Salad, soup, yogurt, drinks and smoothies, hot and cold cereal, recipes (muffins, breads, pancakes, pies or any other baked products), desserts (ice cream), fruit & vegetable dips.

THE POSSIBILITIES ARE ENDLESS!

The possibilities with the Apple-Cinnamon Roasted Flax Mix are endless. It's a nutritious addition to cereal or a snack. It tastes great and benefits your health!

DID YOU KNOW?

A 425g bag of Apple-Cinnamon Roasted Flax Mix contains the nutritional value equal to 4 real medium apples!

Apples are excellent agents to other fruits in need of ripening. Apples release ethylene, a gas that speeds up the ripening process. To ripen fruit, place it in a brown paper bag along with an apple and you'll be able to eat your fruit sooner than you think!



HOW MUCH SHOULD I EAT?

A good aim is to consume 4 tbsp (30 g) of the Apple-Cinnamon Roasted Flax Mix with everyday foods for better health.

NUTRITION INFORMATION		% Daily Value
2 tablespoons (15g) / Amount per serving		
ENERGY	81 kcal	
PROTEIN	2.3 g	
TOTAL FAT	5.4 g	9%
POLYUNSATURATED FAT	4.0 g	
OMEGA-6; LINOLEIC ACID	1.0 g	
OMEGA-3; LINOLENIC ACID	3.0 g	
MONOUNSATURATED FAT	1.0 g	
SATURATED FAT	0.4 g	2%
TRANS FAT	0 g	0%
CHOLESTEROL	0 mg	0%
SODIUM	0.05 mg	0%
CARBOHYDRATE	7.0 g	2%
DIETARY FIBRE	3.0 g	12%
SUGARS	2.0 g	

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ALL NATURAL, NON-GMO, AND NO TRANS FAT

Apple-Cinnamon



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CANMAR'S APPLE- CINNAMON FLAX MIX

The healthy blend.

CanMar introduces the Apple-Cinnamon Roasted Flax Mix. Real apples are dried into chunks and a powder and added to milled golden roasted flax. The mix of apples, cinnamon and flax creates a nutritious food supplement to benefit your health!

A healthy mix for a busy lifestyle.

The addition of CanMar's Apple-Cinnamon Roasted Flax Mix to a well-balanced diet and regular exercise is excellent for a healthy diet and lifestyle.

CANMAR'S APPLE- CINNAMON FLAX MIX IS AN EXCELLENT SOURCE OF DIETARY FIBRE

Flax contains high amounts of insoluble and soluble fibre. Insoluble fibre (non-digestible form) helps to alleviate constipation. Soluble fibre (digestible form) helps to lower cholesterol and regulate blood sugar. Apples are high in pectin, a soluble fibre. Diets high in fibre may help to prevent heart disease and colon cancer. Apple-Cinnamon Roasted Flax Mix contains 3 g of dietary fibre per serving - an easy way to get your fibre everyday.

ANTIOXIDANTS

Antioxidants are found in flax (lignans) and in apples (quercetin). Antioxidants are very important for your health because they help to prevent oxidative damage caused by free radicals in the body. Free radicals can be caused by radiation, impure water, stress, cigarette smoke, sunlight, and processed food or industrial chemicals.

OMEGA-3 FATS

Omega-3s are the healthy fats that are essential to our daily diet because our bodies cannot produce them. They must be obtained from the food we eat. Omega-3 essential fats help to reduce the risk of heart disease and have been shown to protect against cancer, as well as inflammatory and autoimmune disorders.



FLAX & APPLES: A HEALTHY MIX

PREVENTS CANCER

Antioxidants: lignans in flax and quercetin in apples play a role in preventing and treating cancers such as colon, breast and lung cancer.

Colon And Breast Cancer

One study at the University of Toronto showed that when newly diagnosed breast cancer patients ate 2 tbsp. of flax a day, the lignans in flax helped to inhibit tumour growth. In addition, flax is a rich source of dietary fibre. High fibre diets help to improve bowel care by easing digestion and relieving constipation. Dietary fibre also helps to increase stool weight. Greater stool weights have been correlated with a reduced risk of colon cancer.

Lung Cancer

A 2000 study in the Journal of the National Cancer Institute, compared the diets of 600 subjects with lung cancer to those of 600 who were cancer free. The study revealed that those who consumed the antioxidant, quercetin, found mainly in apples had the lowest risk of lung cancer.

PROTECTS AGAINST HEART DISEASE Eating at least 2 tbsp. of flax everyday has been shown to reduce LDL (low-density lipoprotein or bad cholesterol), which aids in lowering the risk of heart disease.

The Zutphen Elderly Study in the Netherlands measured the content of fruits containing powerful antioxidants consumed by 800 elderly men. The researchers tracked the men over a 5-year period to find that those who consumed the most amount of antioxidants found in apples, tea and onions had the lowest risk of developing heart disease.