

# JUST ADD BLUEBERRY ROASTED FLAX MIX

## ADD IT TO:

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

## THE POSSIBILITIES ARE ENDLESS!

The possibilities with CanMar's Blueberry-Roasted Flax Mix are endless because it tastes great and benefits your health!

## DID YOU KNOW?

A 425g bag of Blueberry-Roasted Flax Mix contains the nutritional value equal to 3 cups of real blueberries!

## HOW MUCH SHOULD WE EAT?

A good aim is to consume 4 tbsp (30g) of CanMar's Blueberry-Roasted Flax Mix with everyday foods for better health.

| NUTRITION INFORMATION                    |         | % Daily Value |
|--|---------|---------------|
| 2 tablespoons (15g) / Amount per serving |         |               |
| ENERGY                                   | 83 kcal |               |
| PROTEIN                                  | 2.5 g   |               |
| TOTAL FAT                                | 5.7 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                            | 0.5 g   | 2%            |
| TRANS FAT                                | 0 g     | 0%            |
| CHOLESTEROL                              | 0 mg    | 0%            |
| SODIUM                                   | 1 mg    | 0%            |
| CARBOHYDRATE                             | 7.0 g   | 2%            |
| DIETARY FIBRE                            | 3.0 g   | 12%           |
| SUGARS                                   | 2.0 g   |               |

## CANMAR GRAIN PRODUCTS LTD.

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DISTRIBUTED BY:



RICH IN OMEGA-3, LIGNANS & DIETARY FIBRE  
ALL NATURAL, NON-GMO, AND NO TRANS FAT

— B lueberry —



WWW.ROASTEDFLAX.COM



CANMAR'S  
**BLUEBERRY  
ROASTED  
FLAX MIX**

*The perfect blend.*

Introducing CanMar's newest product, Blueberry-Roasted Flax Mix. Real blueberries are drum-dried into a powder and added to our milled roasted flax to enhance the flavour and nutritional value of everyday foods. The combination of natural blueberries and roasted flax makes this mix a powerful food supplement that can benefit your health!

*A perfect mix for a busy lifestyle.*

The addition of CanMar's Blueberry-Roasted Flax Mix to a well-balanced diet that incorporates all food groups, along with regular physical activity, is a perfect mix for a healthy lifestyle.

## CANMAR'S BLUEBERRY-ROASTED FLAX MIX IS HIGH IN DIETARY FIBRE.

Flax contains high amounts of insoluble and soluble fibre. The insoluble fibre or non-digestible form can help to alleviate constipation. The soluble fibre or digestible form helps with lowering cholesterol. A diet high in fibre may help to prevent heart disease, constipation and colon cancer.

## CANMAR'S BLUEBERRY-ROASTED FLAX MIX PROVIDES YOUR BODY'S NEED FOR ANTIOXIDANTS.

Antioxidants are very important for your body. 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, processed food or industrial chemicals.

## RICH IN OMEGA-3 FATS. THE FLAX COMPONENT OF CANMAR'S BLUEBERRY-ROASTED FLAX MIX PROVIDES ESSENTIAL FATTY ACIDS.

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



## THE MIX FOR BETTER HEALTH

"CanMar's Blueberry-Roasted Flax Mix can provide a variety of benefits for your health."

**LOWERS BAD CHOLESTEROL** Eating at least 2 tablespoons of flax on a daily basis has been shown to reduce low-density lipoproteins (LDL or bad cholesterol) and aid in lowering the risk of cardiovascular disease (CVD), coronary heart disease and stroke.

**PREVENTS CANCER** Antioxidants known as Lignans and Anthocyanins play a role in preventing and treating a number of types of cancers such as colon and breast cancer. Research at The University of Toronto, Canada showed that when newly-diagnosed breast cancer patients ate 2 tbsps. of flax daily, the lignans in flax inhibited their tumour growth. In addition, research conducted at the University of Illinois revealed the anthocyanins in blueberries have anti-cancer effects on human cells. These antioxidants have also been associated with reducing the aging process.

**PROTECTS AGAINST DIABETES** Type 2 is the most common form of diabetes which accounts for 90% of the cases diagnosed in North America. Dietary Fibre, Lignans and Omega-3 essential fatty acids found in flax help to dramatically reduce diabetic complications by regulating and lowering blood glucose levels.