



CRUSHED FLAX

Traditional

Dietary Fiber 2.8 g/tbsp. – 9.3 % DV

Protein 2 g/tbsp.

Manganese 19.9 ppm

Iron 51.4 ppm

Crushed

4 g/tbsp. – 17% DV

3 g/tbsp.

29.3 ppm

63.2 ppm

Most other nutrition follows the same trend.

FIBER

Fiber is a Carbohydrate that the body does not break down.

Dietary Fiber is fiber obtained from whole foods.

Carbohydrates vs Dietary Fiber vs Net Carbs

$$\text{Total Carbs} - \text{Dietary Carbs} = \text{Net Carbs}$$

$$1 \text{ tbsp Crushed Flax} \quad 5 \quad - \quad 4 \quad = \quad 1$$

Incremental Crushing

A grain processing revolution – Patented Process

- Seed Deconstruction without destroying cells
- Extended Shelf life
- No chemicals, preservatives or enrichments
- No heat needed
- 100% natural and live nutrition
- Complex Carbohydrates
- GMO FREE / GLUTEN FREE

Contact us

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