Flackers-Flax seed crackers

Nutrition Facts
Serving Size 6 flackers (25g)
Servings Per Container About 6

Amount Per Serving
Calories 100 Calories from Fat 50

% Daily Value*
Total Fat 7g — 11%
  Saturated Fat 0g — 0%
  Trans Fat 0g
Cholesterol 0mg — 0%
Sodium 75mg — 3%
Total Carbohydrate 8g — 3%
  Dietary Fiber 7g — 28%
  Sugars 0g
Protein 5g

Vitamin A 4% • Vitamin C 2%
Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Calories: 2,000 2,500
Total Fat — Less than — 65g — 80g
Saturated Fat — Less than — 20g — 25g
Cholesterol — Less than — 300mg — 300mg
Sodium — Less than — 2,400mg — 2,400mg
Total Carbohydrate — 300g — 375g
  Dietary Fiber — 25g — 30g
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Organic Flax Seeds, Organic Apple Cider Vinegar, Bragg Liquid Aminos (Vegetable Protein from Non-GMO Soybeans and Purified Water), Organic Garlic, Organic Onion, Organic Red Chili Pepper, Organic Basil.

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Certified Organic by MCIA

savory garlic, onion, basil, & red chile pepper
flackers® flax seed crackers
RAW GLUTEN FREE
high in omega 3's
5g protein
7g fiber
values are per serving
low carb
made with organic flax seeds & organic herbs and spices
NET WT. 5 OZ (142 g)

Health Claims
- "The seeds are sprouted making them easier to chew, digest and absorb. Flackers are dehydrated at low temperatures to ensure that all of the nutrients (including the omga-3's and important enzymes) remain vitalized and stable"
- "Flax seeds are nature's perfect health food and should be part of every optimal health and longevity diet. They are one of the best plant sources of alpha linolenic acid, a heart healthy omega-3 fatty acid."
- "Flax seeds are high in fiber which helps to maintain normal cholesterol levels and to promote optimal digestion."
- "They are also low on the glycemic index, making them beneficial for diabetes."

Where to locate?
- Grocery store (snack aisle)
- Online

Functional components of Flaxseed
- Omega-3 Fatty Acid
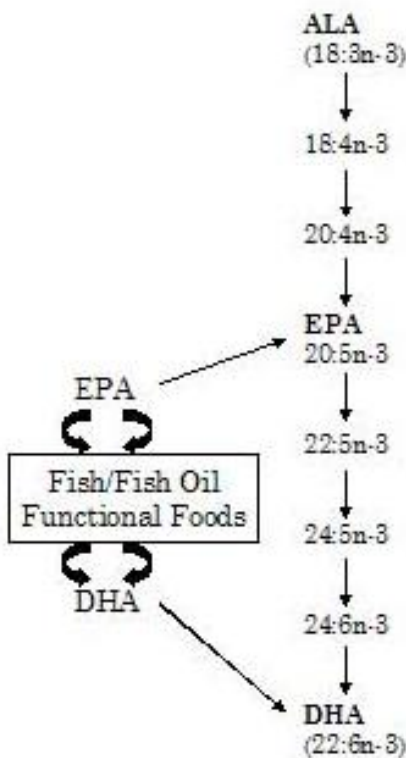- Fiber
  - Soluble (Mucilage)
  - Insoluble
- Lignans

ALA
(18:3n-3)
↓
18:4n-3
↓
20:4n-3
↓
EPA
20:5n-3
↓
22:5n-3
↓
24:5n-3
↓
24:6n-3
↓
DHA
(22:6n-3)

EPA
Fish/Fish Oil Functional Foods
DHA

Table. 1 Recommended Daily Allowances of Functional Food Components

Functional Food Component	Recommended Daily Allowance
Omega-3	Adults ≥19 years[1] Omega-3 1.1-1.6 gm/day EPA +DHA 0.3-0.5 gm/day ALA 0.8-1.1 gm/day
Fiber*	Adults ≥19 years (Males) (Females)[2] Total Fiber 38 gm/day, 25 gm/day Soluble 9.5 gm/day, 6.25 gm/day Insoluble 28.5 gm/day, 18.75 gm/day

[1]American Heart Association
[2] Institute of Medicine
*Each ¼ cup of flaxseed (whole/ground) contains ~7.6 grams of dietary fiber; 2.5 grams soluble, 5.1 grams insoluble

Table 2. Evidence Based Research by Functional Food Component

Functional Food Component	Evidenced-based research
Omega-3	1 gm/day of omega-3 FAs for individuals with CHD reduced primary end point (death, nonfatal MI, and stroke) by 15%[1,2] 4.3 gm/day (2.4-6 gm/day) to lower elevated triglycerides by an average of 32% across 20 crossover trials[3]
Fiber	26.3 g/day of fiber (compared to 12.5 g/day of fiber) adjusted for CVD risk factors (reduced relative risk from 1 to 0.79 for total CVD and from 1 to 0.68 for MI[4,5] 2-10 g/day soluble fiber associated with small but significant decreases in total cholesterol [-0.045 mmol L -1 g soluble fiber][6]

[1]Roth, Eli. Fish Oil for Primary and Secondary Prevention of Heart Disease. Am J Clin Nutr. 1999 Jan ;69(1):30-42.
[2]GISSI-Prevention Trial. Dietary Supplementation with n-3 polyunsaturated fatty acids and vitamin E after myocardial infarction: results of the GISSI-Prevenzione trial. The Lancet, 1999; 354: 447-455.
[3]Harris WS: n-3 Fatty acids and serum lipoproteins: human studies. Am J Clin Nutr 1997, 65(suppl):1645S–1654S.
[4]Lu, Simin, Burning JE, Sesso HD, et al. A prospective study of dietary fiber intake and risk of cardiovascular disease among women. Journal of American College of Cardiology, 2002; 39: 49-56.
[5]The Women's Health Study is a randomized, double-blind, placebo-controlled trial
[6]Brown, Lisa. Cholesterol-lowering effects of dietary fiber: a meta-analysis. Am J Clin Nutr 1999; 69: 30-42.

Table 3. Cost /Nutritional Value Comparison

Product	**Cost/Product** *Cost/serving*	**Functional Component** *Fiber (Soluble, Insoluble), Omega-3 (ALA, EPA+DHA)*
Flackers (Dr. in the kitchen)		
Entire Box	$5.99	42 gm (INP), 27 gm (INP)
25 gm (6 crackers)	$0.99	7 gm (INP), 4.5 gm (INP)
Whole Flaxseed (Spectrum Essentials, Organic)		
Entire Bag (425 gm)	$6.50	120 gm (INP), 81 gm (81gm, INP)
1 ½ tbsp (14 gm)	$0.22	4 gm (INP), 2.7 gm (2.7 gm, INP)
3 tbsp (28 gm)	$0.43	8 gm (INP), 5.4 gm (5.4 gm, INP)
Ground Flaxseed (Spectrum Essentials, Organic)		
Entire Bag (396 gm)	$7.00	112 gm (INP), 75.6 gm (75.6 gm, INP)
2 tbsp (14 gm)	$0.25	4 gm (INP), 2.7 gm (2.7 gm, INP)
4 tbsp (28 gm)	$0.50	8 gm (INP), 5.4 gm (5.4 gm, INP)
Flaxseed oil (Nature Made)*		
Entire Bottle (180 tablets)	$15.00	DNC (DNC), 102.6 gm (90 gm, INP)
2 tablets	$0.17	DNC (DNC), 1.14 gm (1 gm, INP)
3 tablets	$0.25	DNC (DNC), 1.71 gm (1.5 gm, INP)
Fish oil Supplement		
Entire Bottle (180 softgels)	$14.00	DNC (DNC), 64.8 gm (INP, 54 gm)
2 softgels	$0.16	DNC (DNC), 720 mg (INP, 0.6 gm)

DNC=Does not contain
INP=Information not provided