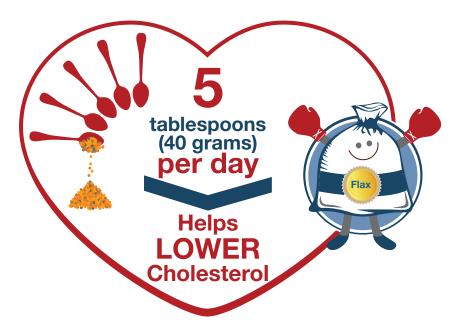
The Flax Facts

FLAX, THE CHOLESTEROL FIGHTER



THE HISTORY OF FLAX

8000 3000 650

Earliest
archaeological
evidence of
wild flax seeds
found in
Europe and
the Near East

Flax is cultivated for seeds, oil and fibre in Babylonia and Anatolia

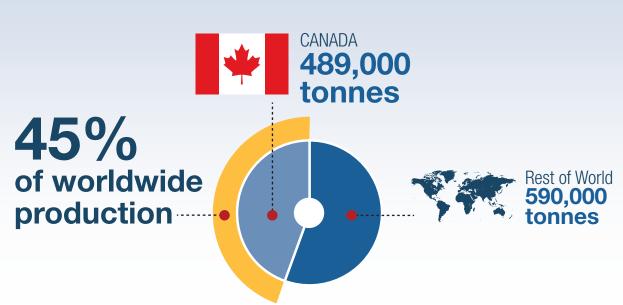
Flaxseed is praised for its health benefits in ancient Greece 1617 **201**4



Flax is introduced to Canada by Louis Hébert, apothecary and first Canadian settler to support himself from the soil

Flaxseed consumption is recognized by Health Canada to help lower cholesterol

THE WORLD'S TOP FLAX PRODUCER 2012-13





Agriculture and Agri-Food Canada Agriculture et Agroalimentaire Canada

