

Table 2. Lipid profile of Polar Foods Inc.'s HiOmega™ flaxseed oil and typical edible vegetable oils.

Lipids	Percent By Weight									
	HiOmega™	Flaxseed	Canola	Corn	Olive	Peanut	Safflower	Soybean	Sunflower	Walnut
Saturated	6.72	9.4	7.1	12.95	13.81	16.9	6.20	14.9	9.78	9.1
10:0	0	0	0	0	0	0	0	0	nl	0
12:0	0	0	0	0	0	0	0	0	nl	0
14:0	0	0	0	0.02	0	0.1	0	0.1	nl	0
15:0	0	nl	nl	nl	nl	nl	nl	nl	0.8	nl
16:0	3.97	5.3	4.0	10.58	11.29	9.5	4.29	9.8	3.68	7.0
17:0	0	nl	nl	0.07	0.02	nl	nl	nl	nl	nl
18:0	2.34	4.1	1.8	1.85	1.95	2.2	1.92	5.0	4.32	2.0
20:0	0.31	nl	0.7	0.43	0.41	1.4	nl	nl	nl	nl
22:0	0.1	nl	0.4	0	0.13	2.8	nl	nl	1	nl
24:0	0	nl	0.2	nl	0	0.9	nl	nl	nl	nl
Monounsatur.	10.89	20.2	58.9	27.58	72.96	46.2	14.36	43.0	83.59	22.8
16:1 undiff.	0.025	0	0.2	0.11	1.26	0.1	0	0.4	nl	0.1
17:1	0.025	nl	nl	nl	0.13	nl	nl	nl	nl	nl
18:1 undiff.	10.74	20.2	56.1	27.33	71.27	44.8	14.36	42.5	82.63	22.2
20:1	0.025	0	1.7	0.13	0.31	1.3	0	0.0	0.96	0.4
22:1 undiff	0.075	0	0.6	0	0	0	0	0	nl	0
Polyunsatur.	82.27	66.0	29.6	54.68	10.52	32.0	74.62	37.6	3.80	63.3
18:2 undiff.	10.83	12.7	20.3	53.52	9.76	32.0	74.62	34.9	3.61	52.9
18:3 undiff.	71.44	53.3	9.3	1.61	0.76	0	0	2.6	0.19	10.4
18:4	0	0	0	0	0	0	0	0	nl	0
20:4	0	0	0	0	0	0	0	0	nl	0
20:5 n-3	0	0	0	0	0	0	0	0	nl	0
22:5 n-3	0	0	0	0	0	0	0	0	nl	0
22:6 n-3	0	0	0	0	0	0	0	0	nl	0
Cholesterol	0	0	0	0	0	0	0	0	0	0
Phytosterols	nl	nl	nl	nl	0.22	0.21	nl	0.13	nl	0.18

Source of data:

1. HiOmega™: Average of 5 lots produced by Polar Foods, Inc.
 2. Conventional flaxseed, canola, corn, sunflower (high oleic), safflower (70 % linoleic), soybean (hydrogenated), olive, peanut and walnut: USDA National Nutrient Database for Standard Reference, Release 19 (2006). Values rounded to 2 decimal places.
- nl: not listed

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