



## Linwoods Health Foods Product Specification

### Protein Boost – Muscle Maintenance

|                            |                                                            |
|----------------------------|------------------------------------------------------------|
| <b>Product description</b> | A blend of shelled hemp seeds, milled chia & plant protein |
| <b>Legal Description</b>   | Protein Boost – Muscle Maintenance                         |

|                                           |                                                                                                                                                                                                                                                      |                                                                                        |
|-------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| <b>Supplier Name</b>                      | John Woods (L) Ltd                                                                                                                                                                                                                                   | Linwoods Health Foods                                                                  |
| <b>Supplier Address</b>                   | 190 Monaghan Rd<br>Armagh<br>N. Ireland<br>BT60 4EZ                                                                                                                                                                                                  | Units 1-5 Hamiltonsbawn Rd Industrial Estate<br>Hamiltonsbawn Rd<br>Armagh<br>BT60 1HW |
| <b>Telephone number: Sales</b>            | 02837568477                                                                                                                                                                                                                                          |                                                                                        |
| <b>Production</b>                         | 02837569387                                                                                                                                                                                                                                          |                                                                                        |
| <b>Fax: Sales</b>                         | 02837568865                                                                                                                                                                                                                                          |                                                                                        |
| <b>Production</b>                         | 02837524641                                                                                                                                                                                                                                          |                                                                                        |
| <b>Emergency contact telephone number</b> | Orla Moore 07720996893<br>Patrick Woods 07851262251                                                                                                                                                                                                  |                                                                                        |
| <b>Email address</b>                      | <a href="mailto:info@linwoods.co.uk">info@linwoods.co.uk</a>                                                                                                                                                                                         |                                                                                        |
| <b>Contact sales</b>                      | <a href="mailto:Michelle.hughes@linwoods.co.uk">Michelle.hughes@linwoods.co.uk</a><br><a href="mailto:Mark.hamilton@linwoods.co.uk">Mark.hamilton@linwoods.co.uk</a><br><a href="mailto:Fergal.woods@linwoods.co.uk">Fergal.woods@linwoods.co.uk</a> |                                                                                        |
| <b>Contact technical</b>                  | <a href="mailto:Christine.wilkinson@linwoods.co.uk">Christine.wilkinson@linwoods.co.uk</a>                                                                                                                                                           |                                                                                        |

### Product Ingredients

| <b>Ingredient</b>   | <b>% in final product</b> | <b>Country of origin</b> |
|---------------------|---------------------------|--------------------------|
| Shelled Hemp        | 32%                       | Canada                   |
| Soy Protein Powder  | 28%                       | USA / China              |
| Milled chia seeds   | 26%                       | South America            |
| Rice Protein Powder | 14%                       | China                    |

### Product Details

|                        |                                    |                   |                                       |
|------------------------|------------------------------------|-------------------|---------------------------------------|
| <b>Name of product</b> | Protein Boost – Muscle Maintenance | <b>Shelf life</b> | 12 months                             |
| <b>Pack size</b>       | 200g                               | <b>Colour</b>     | Cream coloured mix with dark speckles |

|                                    |                 |                      |                     |                      |
|------------------------------------|-----------------|----------------------|---------------------|----------------------|
| <b>Doc Ref</b>                     | <b>Issue no</b> | <b>Date of issue</b> | <b>Created by</b>   | <b>Authorised by</b> |
| Protein Boost – Muscle Maintenance | 1               | 26.05.26             | Christine Wilkinson | Michael Cullen       |

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|                           |                                                                  |                         |      |
|---------------------------|------------------------------------------------------------------|-------------------------|------|
| <b>Storage conditions</b> | Keep refrigerated after opening. Use within 45 days and BBE date | <b>Moisture content</b> | <9 % |
|---------------------------|------------------------------------------------------------------|-------------------------|------|

### GM Declaration

Linwoods raw materials are sourced from suppliers and growers producing the product without the aid of any Genetically Modified Organisms (GMOs).

Linwoods suppliers are all required to provide certification stating that their products do not contain Genetically Modified Organisms (GMOs)

The site of manufacture does not use any GM ingredients for other products made within our facility.

### Allergy Advice

Contains Soya. May contain traces of sesame seeds, mustard and nuts (almonds, brazil nuts & walnuts)

### Product Claims

Suitable for vegetarian, vegan & gluten free diets

### Microbiological Standards

| Organism                | Target         |
|-------------------------|----------------|
| TVC                     | <100,000cfu /g |
| Enterobacteriaceae      | <1000cfu/g     |
| E Coli                  | <10cfu/g       |
| Staph Aureus            | <10cfu/g       |
| Listeria spp            | Absent in 25g  |
| Salmonella              | Absent in 25g  |
| Bacillus Cereus         | <100 cfu/g     |
| Clostridium Perfringens | <100 cfu/g     |
| Yeasts                  | <10,000cfu/g   |
| Moulds                  | <10,000cfu/g   |

|                                    |          |               |                     |                |
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**Nutritional Information**

|                 | <b>Per<br/>100g</b> | <b>Per 20g</b> |
|-----------------|---------------------|----------------|
| Energy (kJ)     | 2015kJ              | 403kJ          |
| Energy (kcal)   | 483kcal             | 97kcal         |
| Fat             | 27g                 | 5.4g           |
| Of which:       |                     |                |
| Saturates       | 2.9g                | 0.6g           |
| Monounsaturates | 2.5g                | 0.5g           |
| Polyunsaturates | 20g                 | 3.9g           |
| Carbohydrate    | 2.7g                | 0.5g           |
| Of which:       |                     |                |
| Sugars          | 0.9g                | 0.2g           |
| Fibre           | 9g                  | 1.8g           |
| Protein         | 52g                 | 10g            |
| Salt            | 0.75g               | 0.15g          |

|            | <b>Per 100g</b> | <b>RI%</b> | <b>Per20g</b> | <b>RI%</b> |
|------------|-----------------|------------|---------------|------------|
| Magnesium  | 289mg           | 77%        | 58mg          | 15%        |
| Iron       | 10mg            | 74%        | 2.1mg         | 15%        |
| Copper     | 1.7mg           | 165%       | 0.33mg        | 33%        |
| Manganese  | 4.4mg           | 220%       | 0.88mg        | 44%        |
| Phosphorus | 846mg           | 121%       | 169mg         | 24%        |

RI= Reference Intake

Omega 3 (Alpha-linolenic Acid  
(ALA))

8.1 g

1.6 g

|                                    |          |               |                     |                |
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### Product and work in progress Quality Checks

| Tests undertaken      | Standard applied                                                                                     | Test frequency                                       |
|-----------------------|------------------------------------------------------------------------------------------------------|------------------------------------------------------|
| Incoming raw material | Physical inspection and positive release testing including, Micro, Pesticide, Irradiation & Moisture | Each delivery                                        |
| Processing line       | Scanned to remove foreign bodies & discoloured seeds                                                 | All product                                          |
| Final product         | Each bag inspected for weight & closure integrity                                                    | All packets                                          |
| Metal detection       | Metal detector test piece size – 1.5 mm ferrous, 2 mm non ferrous, 2mm st steel                      | Minimum - Start up, every hour and end of production |

### Product coding & Distribution

|                                       |                                                                                                                                                         |
|---------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| Primary Packaging recyclable pouch    | Date coding applied by ink jet printer to the back side at bottom of bag.<br>Best Before End mm/yyyy and Lot no relating to date of production and time |
| Secondary packaging cardboard cartons | Date coding and Lot no applied by in line labeller onto side of box                                                                                     |

### Packaging

All packaging material used complies with all relevant legislation including EC Regulations 94/62/EC and 1935/2004/EC and the Packaging (Essential Requirements) Regulations 2003. All packaging also complies with the Materials & Articles in Contact with Food Regulations 2005 and the Plastic Materials and Articles in contact with Food regulations 1998 (as amended).

Packaging also conforms to Article 11, Directive 94/62/EC which outlines the sum of the concentration levels of heavy metals permitted in packaging or any of its packaging components.

All labelling is compliant with the Food Information Regulations 2014

### Usage of the product

**To ensure food safety is maintained the following instructions should be followed:**

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- During storage of the product prior to opening, the sealed pack shall be stored in a cool, dry place.
- Keep refrigerated after opening.
- Consume within 45 days and best before date.

Signed on behalf of supplier:

C Wilkinson

Signed on behalf of purchaser:

\_\_\_\_\_

Position: Quality Assurance Manager

Position: \_\_\_\_\_

Date: 26.05.26

Date: \_\_\_\_\_

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