



Linwoods Health Foods Product Specification

Fibre Boost – Gut Health

Product description	A blend of milled seeds, psyllium husk powder & apple fibre with calcium
Legal Description	Fibre Boost – Gut Health

Supplier Name	John Woods (L) Ltd	Linwoods Health Foods
Supplier Address	190 Monaghan Rd Armagh N. Ireland BT60 4EZ	Units 1-5 Hamiltonsbawn Rd Industrial Estate Hamiltonsbawn Rd Armagh BT60 1HW
Telephone number: Sales	02837568477	
Production	02837569387	
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Production	02837524641	
Emergency contact telephone number	Orla Moore 07720996893 Patrick Woods 07851262251	
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Contact sales	Michelle.hughes@linwoods.co.uk Mark.hamilton@linwoods.co.uk Fergal.woods@linwoods.co.uk	
Contact technical	Christine.wilkinson@linwoods.co.uk	

Product Ingredients

Ingredient	% in final product	Country of origin
Milled chia seeds	31%	South America
Milled whole hemp	27%	Europe
Psyllium husk powder	25%	India
Milled flaxseed	10%	Kazakhstan / Ukraine
Apple fibre powder	4%	Europe
Marine based Calcium	3%	UK

Product Details

Name of product	Fibre Boost – Gut Health	Shelf life	10 months
Pack size	200g	Colour	Cream coloured mix with dark speckles

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Fibre Boost – Gut Health	1	26.05.26	Christine Wilkinson	Michael Cullen

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Storage conditions	Keep refrigerated after opening. Use within 45 days and BBE date	Moisture content	<9 %
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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

May contain traces of sesame seeds, mustard, soya 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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CONTROLLED DOCUMENT**Nutritional Information**

	Per 100g	Per 20g
Energy (kJ)	1547kJ	309kJ
Energy (kcal)	375kcal	75kcal
Fat	22g	4.4g
Of which:		
Saturates	2.3g	0.5g
Monounsaturates	2.1g	0.4g
Polyunsaturates	16g	3.3g
Carbohydrate	6.9g	1.4g
Of which:		
Sugars	1.6g	0.3g
Fibre	41g	8.2g
Protein	17g	3.4g
Salt	0.08g	0.02g

	Per 100g	RI%	Per20g	RI%
Calcium	1180mg	148%	236mg	29%
Magnesium	298mg	79%	59.6mg	16%
Copper	1.0mg	104%	0.21mg	21%
Manganese	4.0mg	201%	0.80mg	40%

RI= Reference Intake

Omega 3 (Alpha-linolenic Acid
(ALA))

9.6 g

1.9g

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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. 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:

- 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.

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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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