

# OMEGA-3 BEEF: The Science Inside the Food

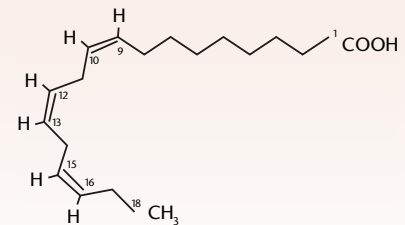
LinPRO™ A Naturally Better Source for Omega-3 Meat, Eggs and Dairy.



The benefits of essential omega-3 fatty acids have been documented for several years. However, it is only recently that consumer awareness and demand for such functional foods have begun to increase.  $\alpha$ -linolenic acid (ALA) (C18:3n3) is one of the main forms of omega-3 fatty acids. When consumed, this fatty acid may act as a precursor for other members of the omega-3 family, such as Eicosapentaenoic acid (EPA) (C20:5n3) and Docosahexaenoic acid (DHA) (C22:6n3).

By naturally increasing the levels of omega-3 fatty acids in “everyday” foods through the use of O&T Farms’ patented flax-based LinPRO™ product, it becomes possible to produce a healthy dietary alternative with an improved Omega-6/Omega-3 ratio and significant health benefits.

ALPHA LINOLENIC ACID – 3 DOUBLE BONDS



## THE PROOF IS IN THE BEEF

O&T Farms’ research initiatives have demonstrated that the inclusion of LinPRO into the diet of cattle can alter the fatty acid composition of beef, increasing the levels of desirable omega-3s.

THE LinPRO EFFECT		
	GROUND BEEF (Regular)	
	Non-LinPRO diet <sup>1</sup>	LinPRO diet - 15% for 60 days <sup>2</sup>
Total Fat (%)	24	24
ALA (% Fat)	0.44	0.898
Omega-3 (% Fat)	0.45	1.08
Omega-6/Omega-3 Ratio	7.37	4.37
Omega-3 mg/100g serving	102	247

<sup>1, 2</sup> Source: Lipid Analytical and O&T Farms demonstration trials.

Current product development and research initiatives predict a further increase in the omega-3 content of beef, and improvement in the omega-6/omega-3 ratio.

## SENSORY EVALUATION

Sensory evaluation of beef supplemented with LinPRO demonstrated no off-flavour, aroma, and no table difference in quality (Block, 2012).

## TECHNICAL SUPPORT

O&T Farms stands behind their products and customers by offering technical support to ensure the success of the producer’s operation.

The information contained herein is based on technical data and tests which are reliable to the best of O&T Farms Ltd’s knowledge. This information is intended for use by persons having the appropriate technical skills, at their own discretion and risk. Due to the possibility of genetic and dietary variations, the inclusion rate and formulation of diets using LinPRO™ may be different than those referred to above. Since conditions of use are outside O&T Farms Ltd’s control, no warranties or representations are made with respect to this information. O&T Farms Ltd can assume no liability for results obtained or damages incurred through the use thereof.

