



# Final Report

9000 Plymouth Avenue North, Minneapolis MN 55427  
1-800-245-5615 (763) 764-4453 Fax: (763) 764-4010

Completion Date: January 02, 2008  
Date Submitted: December 13, 2007  
Company Code: 13397  
First Printed On: 02-Jan-2008  
First Printed By: SCHEDULER

Library Number: 2007-MED-5703  
PO Number: Mastercard

Fax:

Medallion Labs Sample ID: 2007-MED-5703-01

FiberGourmet CL Fettuccine Noodles

Customer Sample ID: CLF2

Assay Group	Test	Results
Carbohydrates	Carbohydrates	74.9 %
	Carbohydrates, Available	37.8 %
Calories	Calories	366 Calories/100 g
	Calories from Fat	19 Calories/100 g
	Calories from Saturated Fat	N/A Calories/100 g
	Calories (Fiber Subtracted)	218 Calories/100 g
Moisture	Moisture	10.076 %
Ash, Overnight	Ash	1.043 %
Protein, by Dumas	Protein (6.25)	11.8 %
Fat, Gravimetric	Total Fat	2.15 %
Dietary Fiber	Insoluble Fiber	37.1 %
	Soluble Fiber	0.6 %
	Total Fiber	37.7 %

Medallion Labs Sample ID: 2007-MED-5703-02

FiberGourmet RA Elbow Macaroni

Customer Sample ID: RAEM

Assay Group	Test	Results
Carbohydrates	Carbohydrates	74.7 %
	Carbohydrates, Available	42.7 %
Calories	Calories	356 Calories/100 g
	Calories from Fat	14 Calories/100 g
	Calories from Saturated Fat	N/A Calories/100 g
	Calories (Fiber Subtracted)	228 Calories/100 g
Moisture	Moisture	12.053 %
Ash, Overnight	Ash	0.931 %
Protein, by Dumas	Protein (6.25)	10.7 %
Fat, Gravimetric	Total Fat	1.60 %
Dietary Fiber	Insoluble Fiber	32.0 %
	Soluble Fiber	0.6 %
	Total Fiber	32.6 %

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**Completion Date:** December 02, 2008  
**Date Submitted:** November 20, 2008  
**Medallion Company ID:** FIBERGOURMET01  
**Company Code:** 14236  
**First Printed By:** SCHEDULER

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**Library Number:** 2008-MED-10826  
**PO Number:** Visa

Fax: 888-242-3233

**Medallion Labs Sample ID:** 2008-MED-10826-01

Penne Pasta

**Customer Sample ID:** RAPenne

Assay Group	Test	Results
Dietary Fiber	Insoluble Fiber	32.4 %
	Soluble Fiber	0.9 %
	Total Fiber	33.3 %

**Medallion Labs Sample ID:** 2008-MED-10826-02

Rotini Pasta

**Customer Sample ID:** RARotini

Assay Group	Test	Results
Dietary Fiber	Insoluble Fiber	30.3 %
	Soluble Fiber	0.9 %
	Total Fiber	31.2 %

**Results Approved By:** Tim Peters

(Authorized Reviewer)

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# Final Report



Medallion Labs

www.medallionlabs.com  
1-800-245-5615 info@medlabs.com

Completion Date: March 09, 2015  
Date Submitted: February 20, 2015  
Medallion Company ID: FIBERGOURMET01  
Company Code: 14236

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Library Number: 2015-MED-2000  
PO Number: VISA

Fax: 786-472-5786

Medallion Labs Sample ID: 2015-MED-2000-01  
Customer Sample ID: BFF-SPG-4

Spaghetti Macaroni

Assay Group	Test	Results	Test Date
Sample Handling Processing Level 1	Sample Process Fee	Sample Processed	02/20/15
Dietary Fiber	Insoluble Fiber	29.7 %	03/06/15
	Soluble Fiber	2.9 %	
	Total Fiber	32.6 %	

Results Approved By: Preeti Bhone (Authorized Reviewer)

## Method References:

Assay Group	Method Reference
Dietary Fiber	AOAC: 991.43*

\* This method has been modified.

Medallion Labs maintains A2LA accreditation to ISO/IEC 17025 for the specific tests listed in A2LA Certificate # 2769.01.

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Unless otherwise noted above, samples were received in acceptable condition and analyzed as received.

Limits of Detection and Measurement Variability are available upon request.



# Final Report

9000 Plymouth Avenue North, Minneapolis MN 55427  
1-800-245-5615 (763) 764-4453 Fax: (763) 764-4010

**Completion Date:** July 21, 2009  
**Date Submitted:** July 13, 2009  
**Medallion Company ID:** FIBERGOURMET01  
**Company Code:** 14236

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**Library Number:** 2009-MED-7108  
**PO Number:** Visa

**Fax:** 786-472-5786

**Medallion Labs Sample ID:** 2009-MED-7108-01

Crackers

**Customer Sample ID:** CRCKR-RB4

Assay Group	Test	Results
Dietary Fiber	Insoluble Fiber	38.9 %
	Soluble Fiber	0 %
	Total Fiber	38.9 %

**Results Approved By:** Shubha Gupta (Authorized Reviewer)

Medallion Labs maintains A2LA accreditation to ISO/IEC 17025 for the specific tests listed in A2LA Certificate # 2769.01.

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Limits of Detection, Method References and Measurement Variability are available upon request.



# Final Report

9000 Plymouth Avenue North, Minneapolis MN 55427  
1-800-245-5615 (763) 764-4453 Fax: (763) 764-4010

**Completion Date:** March 16, 2011  
**Date Submitted:** March 03, 2011  
**Medallion Company ID:** FIBERGOURMET01  
**Company Code:** 14236

**Library Number:** 2011-MED-2466  
**PO Number:** VISA

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**Fax:** 786-472-5786

**Medallion Labs Sample ID:** 2011-MED-2466-01  
**Customer Sample ID:** LVSH-WH1

Round Wheat Crackers

Assay Group	Test	Results
Dietary Fiber	Insoluble Fiber	41.7 %
	Soluble Fiber	1.4 %
	Total Fiber	43.1 %

**Results Approved By:** Vaishali Ratnam (Authorized Reviewer)

## Method References:

Assay Group	Method Reference
Dietary Fiber	AOAC: 991.43*

\* This method has been modified.

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Limits of Detection and Measurement Variability are available upon request.

# Final Report



## Medallion Labs

www.medallionlabs.com  
1-800-245-5615 info@medlabs.com

**Completion Date:** April 08, 2016  
**Date Submitted:** March 30, 2016  
**Medallion Company ID:** FIBERGOURMET01  
**Company Code:** 14236

Ari Holzer  
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**Library Number:** 2016-MED-4536  
**PO Number:** CC  
**Fax:** 786-472-5786

**Medallion Labs Sample ID:** 2016-MED-4536-01

Toffee Swirl Cookies

**Customer Sample ID:** TOF-SWRL

Assay Group	Test	Results	Test Date
Sample Handling Processing Level 1	Sample Process Fee	Sample Processed	03/30/16
Dietary Fiber	Total Dietary Fiber	36.2 %	04/08/16

**Results Approved By:** Randy Vados (Authorized Reviewer)

### Method References:

Assay Group	Method Reference
Dietary Fiber	AOAC: 991.43*

\* This method has been modified.

**Medallion Labs maintains A2LA accreditation to ISO/IEC 17025 for the specific tests listed in A2LA Certificate # 2769.01.**

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