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(71) Applicant (for all designated States except US): **ELIXI OIL OY** [FI/FI]; Joensuuentie 49, FI-31400 Somero (FI).

(72) Inventors; and

(75) Inventors/Applicants (for US only): **SALMINEN, Kari** [FI/FI]; Mannerheimintie 60 A, FI-00260 Helsinki (FI). **KAUPPINEN, Ville** [FI/FI]; Luodikkokuja 2, FI-20900 Turku (FI). **VIRTANEN, Tarja** [FI/FI]; Lustotie 13 B 8, FI-03100 Nummela (FI). **RAJANIEMI, Sirpa** [FI/FI]; Keissunkatu 7 A, FI-33710 Tampere (FI). **RYHÄNEN, Eeva-Liisa** [FI/FI]; Ylä-Fallin kuja 10, FI-00690 Helsinki (FI).

(74) Agent: **OY JALO ANT-WUORINEN AB**; Iso Roobertinkatu 4-6 A, FI-00120 Helsinki (FI).

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(54) Title: FERMENTED FOOD PRODUCT

(57) Abstract: The present invention relates to a fermented food product, which comprises defatted flax-seed as main raw material. Suspension of defatted crushed flaxseed or crushed and milled flaxseed, optionally supplemented with other cereals or plant seeds or flaxseed fractions, is fermented by a starter culture which comprises probiotic bacteria, and seasoned and stabilized, whereby a spoonable or drinkable fermented snack product is obtained.

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