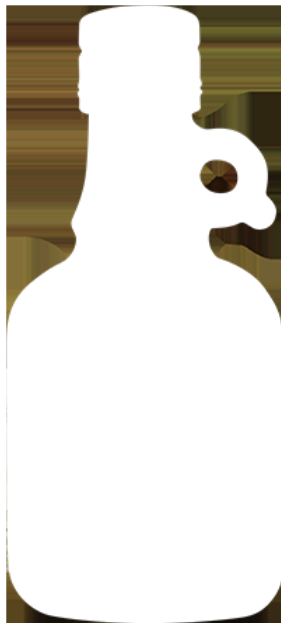




## *Camelina Cold-Pressed Oil*



**Camelina oil**, also known as false-flax oil, comes from cold-pressing of *Camelina sativa* seeds. Because of its distinctive flavour it goes perfectly with salads, bread and cold-served meat and fish dishes. Camelina oil is high in unsaturated fat, including polyunsaturated fat, and high in omega-3 fatty acids which belong to the

Essential Fatty Acids (EFAs). Replacing saturated fats with unsaturated fats in the diet contributes to the maintenance of normal blood cholesterol levels [MUFA and PUFA are unsaturated fats]. Maintaining normal health requires a varied and balanced diet and a healthy lifestyle.

Do not use cold-pressed camelina oil to heat up or fry food.

**INGREDIENTS:** cold-pressed Camelina sativa (camelina) oil.

Nutrition declaration per 100 ml:	
Energy value	3404 kJ/828 kcal
Fat, of which:	92 g
Saturates	8.9 g
Mono-unsaturates	35 g
Polyunsaturates	48 g
Carbohydrate, of which:	0 g
Sugars	0 g
Protein	0 g
Salt	0 g
<b>Omega-3</b> (alpha-linolenic acid)	28 g

<b>NOTE!</b> A natural sediment may form. Store in room temperature. After opening store in a refrigerator.	<b>Omega-6</b> (linoleic acid) 18 g
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**Place of provenance:** Poland

**Volume:**

- 250 ml netto

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