



Cold-Pressed Evening Primrose Oil



Evening primrose oil is obtained through cold-pressing of the evening primrose seeds. It has a subtle taste and scent. It may be used to prepare salads as well as added to fish and meat dishes served cold. Evening primrose oil is high in unsaturated fat, of which polyunsaturated fat which includes omega-6 fatty acids.

Linoleic acid (LA) and gamma-linolenic acid (GLA) present in the evening primrose oil belong to the omega-6 fatty acids family. Linoleic acid contributes to the maintenance of normal blood cholesterol levels. The beneficial effect is obtained with a daily intake of 10 g of LA. 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 evening primrose oil to heat up or fry food.

INGREDIENTS: cold-pressed evening primrose oil.

Nutrition declaration per 100 ml:	
Energy value	3428 kJ/834 kcal
Fat, of which:	93 g
Saturates	7.2 g
Mono-unsaturates	6.8 g
Polyunsaturates	79 g
Carbohydrate, of which:	0 g
Sugars	0 g
Protein	0 g
Salt	0 g

NOTE! A natural sediment may form. Omega-6 (linoleic acid)	71 g
Store in room temperature, in a dry and dark place. Omega-6 (gamma-linolenic acid)	8 g
Country of origin: Poland Omega-9 (oleic acid)	5.9 g

Volume:

- 250 ml netto

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