



Cold-pressed flaxseed oil

Cold-pressed flaxseed oil is obtained through cold-pressing of carefully selected flax seeds. The oil is gold in colour and has a distinctive, slightly bitter flavour, which makes it a perfect fit for salads, dips, dressings, cheese spreads, cooked vegetables and other cold-served dishes. Flaxseed oil is high in unsaturated fat, including polyunsaturated fat. 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 flaxseed oil to heat up or fry food.

INGREDIENTS: cold-pressed flax seed oil.

Nutrition declaration per 100 ml:	
Energy value	3404 kJ/828 kcal
Fat, of which:	92 g
Saturates	8 g
Mono-unsaturates	14 g
Polyunsaturates	70 g

Carbohydrate, of which:	0 g
sugars	0 g
Protein	0 g
Salt	0 g
Omega-3 (alpha-linolenic acid)	6.1 g
Omega-6 (linoleic acid)	63 g

NOTE! A natural sediment may form. Product can be different in fatty acid content depending on the type of flax seed.

Store in room temperature.

Country of origin: Poland.

Volume:

- 250 ml netto
- 500 ml netto

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