



LenVitol®



LenVitol – Linseed oil cold-pressed



Cold-pressed oil

LenVitol® linseed oil is produced using the traditional cold stamping method. Highly linseeded varieties of linseed grains are used for its production. Cold pressing means

that the oil is pressed from raw seeds, which are not heated or roasted. No organic solvents or chemical or physical refining are used in its production process. This is what distinguishes LenVitol® from industrial vegetable oils, which are hot-pressed and then refined to remove valuable properties from them. Cold-pressed linseed oil has valuable nutritional and health-promoting properties. Consumption of cold-pressed oils can lead to inhibit or delay the development of dietary diseases of civilization such as obesity, ischemic heart disease, hypertension^{1,2}.

More than 50% omega-3 fatty acids

LenVitol® is characterized by high content of so-called polyunsaturated fats and omega-3 fatty acids. It contains alpha-linolenic acid (omega-3) and linoleic acid (omega-6). Modern diet is characterized by too high intake of saturated fats and too low intake of omega-3 fatty acids, which the human body cannot produce by itself. Their deficiencies can be counteracted by using appropriate fortified food or supplementation^{3,4}.

Helps to maintain proper cholesterol levels

Alpha-linolenic acid (ALA), in which LenVitol® is rich, and linoleic acid (LA) help maintain normal blood cholesterol levels⁵. Replacement in the diet of fats saturated with unsaturated fats is particularly important for people who have been diagnosed with so-called hypercholesterolemia manifested by elevated levels of cholesterol or triglyceride fractions in blood serum.

Recommended for the diet of Dr Budwig

Due to its properties, LenVitol® is recommended for Dr. Budwig's diet. It is an ideal

basis for the diet because it saturates the body with the right amount of omega-3 acids, thanks to which cells regain their natural properties. The intake of high lolenic linseed oil is recommended for the elderly, intensive learners and sportsmen, due to the increased efficiency and resistance of the body. Linseed oil provides energy and is a source of omega-3 acids, which constitute the building material for cells and tissues of the human body 6,7

Supports the heart

The properties of the compounds contained in linseed oil may result in lowering blood pressure in patients with mild hypercholesterolemia and moderately elevated blood pressure. Causing dilatation of blood vessels, they have a protective effect and improve the heart and circulatory system. Thanks to its cardioprotective action, linseed oil reduces the risk of acute cardiovascular incidents⁸. Its use may lead to inhibition or delay of ischemic heart disease, among others². Alpha-linolenic acid (omega-3) consumed in linseed oil may reduce the risk of hypertension, atherosclerosis and heart disease⁶.

Oil should be used cold and stored in the refrigerator

Linseed oil should only be used in the cold – it should not be used for heating or frying food. It should also be protected against heat. It is important to store LenVitol® flax oil in a refrigerator (at 4-10°C). Improper storage and use of linseed oil causes loss of its valuable nutritional properties due to oxidation of fatty acids present in it. Thanks to the use of thermal packaging, a suitable bottle protecting against the influence of light and pressing small batches, LenVitol® is always fresh and its properties are beneficial for your body^{9,10}.

Ingredients: cold-pressed flaxseed oil rich in alpha-linolenic acid.

NOTE: Linseed oil batches may vary in taste, smell and colour (e.g. bitterness, herbal, etc.), which is due to the presence of natural flavour compounds in linseed and does not affect the oil quality. Natural deposits may precipitate. Linseed oil LenVitol® should be used only in the cold – food should not be heated and fried on it, as it causes loss of nutritional value. The product may vary in its fatty acid content depending on the type of flaxseed (see symbol at lot number).	A*	B*
Nutrition declaration 100 ml:		
Energy value	344 kJ/81 kcal	344 kJ/81 kcal
Fat, including:	93 g	93 g
saturates	9 g	7.5 g
monounsaturates	17 g	11.5 g
polyunsaturates	67 g	74 g
Carbohydrate, including:	0 g	0 g
sugars	0 g	0 g
Protein	0 g	0 g
Salt	0 g	0 g
Omega-3 (alpha-linolenic acid)	52 g	61 g
Omega-6 (linolenic acid)	15 g	13 g

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