



# avocado oil



Avocado Oil is a premium, extra virgin oil, Cold Pressed from the flesh of the ripe Avocado (*Persea gratissima*). This vibrant green oil offers a low saturated fat content and is loaded with vitamins and antioxidants. Avocado Oil has the highest smoke point of any extra virgin oil (255°C); thus it is one of the healthiest oils to use for all types of cooking.

Avocado Oil boasts a long list of nutritional benefits but is especially useful for people suffering from skin conditions. Within the skincare industry it is valued for its regenerative and moisturising properties.



## TECHNICAL DATA

**Product Name:** Avocado Oil

**Botanical Name:** *Persea gratissima*

**Active Ingredient(s):** Oleic Acid (Omega 9), Plant Sterols

**Extraction Method:** Cold Pressed

**Appearance:** A bright green oil

**Shelf life:** If stored in unopened containers at less than 20 Degrees Celsius, this product can expect to have a shelf life of 12 months.

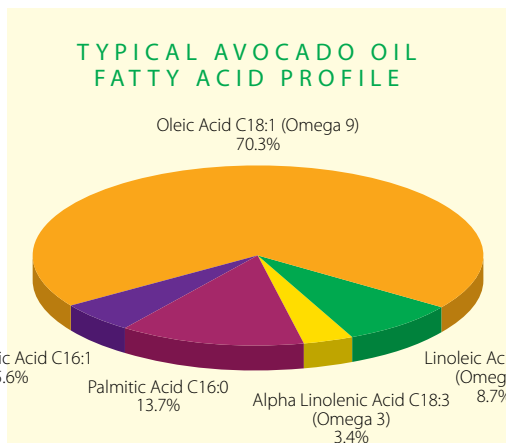
**Common Dosage:** Liquid and/or Skincare Formulations

**Product Variations:**

- Avocado Oil Cold Pressed refined
- Avocado Oil Cold Pressed refined ORGANIC
- Avocado Oil Cold Pressed unrefined
- Avocado Oil Cold Pressed unrefined ORGANIC

## STAR RATING

Skincare	*****
Culinary	*****
Nutritional	*****



The 'Typical Fatty Acid Profile' shown above represents the major fatty acids only and excludes other minor components. Please note the data for this product will vary across different batches and seasonal harvests. For a full Technical Specification please contact us or alternatively visit [www.seedoils.co.nz](http://www.seedoils.co.nz).

