



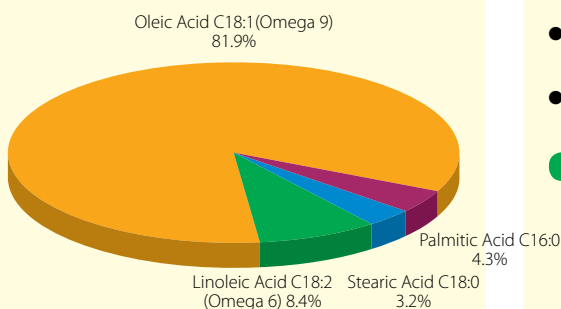
sunflower oil high oleic



Sunflower Oil High Oleic is Cold Pressed from the seeds of the Sunflower (*helianthus annuus*). It is a clear odourless oil that is commonly used as a cooking oil. This oil is very similar to Olive Oil in that it is monounsaturated which means it has high amounts of Oleic Acid (Omega 9), as well as Vitamins A, D, E and is low in saturated fat.

Sunflower Oil High Oleic is able to be cooked at extremely high temperatures without compromising its nutritional profile. It makes a great cooking oil because it has a high monounsaturated content with low saturated fat levels, making it a healthy alternative to other cooking oils. Its high smoke point means it can be used for frying and cooking.

TYPICAL SUNFLOWER OIL HIGH OLEIC FATTY ACID PROFILE



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.



TECHNICAL DATA

Product Name: Sunflower Oil High Oleic

Botanical Name: *Helianthus annuus*

Active Ingredients: Oleic Acid (Omega 9)

Extraction Method: Cold Pressed

Appearance: A clear yellow oil

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

Common Dosage: Liquid

Product Variation:

- Sunflower Oil High Oleic Cold Pressed Refined
- Sunflower Oil High Oleic Cold Pressed Refined ORGANIC
- Sunflower Oil High Oleic Cold Pressed Unrefined
- Sunflower Oil High Oleic Cold Pressed Unrefined ORGANIC

STAR RATING

Skincare	***
Culinary	*****

