

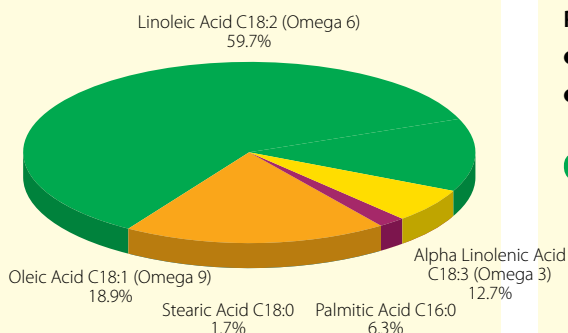


# walnut oil

Walnut Oil has a rich, nutty flavour that is perfect for salad dressings, to flavour fish and steaks, to toss with pasta, and to jazz up desserts. Walnut oil is best used uncooked or in cold sauces because when it is heated, it can become slightly bitter.

While walnut oil is a delicious product for your culinary needs, it also has significant health benefits. Walnut Oil is one of the richest sources of polyunsaturated fat in nature. 72% by content, representing 60% Linolenic Acid (Omega 6, LA) and 12% Alpha Linolenic Acid (Omega 3, ALA). Since the oil is commonly unrefined, it has a very high level of natural anti-oxidant and Essential Fatty Acids. This means it can help to prevent cardiovascular disease while acting as a counterweight to bad cholesterol. With 12% Alpha-Linolenic Acid, it is also a great source of Omega 3. Walnut oil is particularly beneficial for people with eczema - usually a couple of teaspoons a day is all that is necessary to help this distressing condition.

## TYPICAL WALNUT OIL 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](http://www.seedoils.co.nz).



## TECHNICAL DATA

**Product Name:** Walnut Oil

**Botanical Name:** *Juglans regia*

**Active Ingredients:** Linolenic Acid (Omega 6, LA), Alpha Linolenic Acid (Omega 3, ALA)

**Extraction Method:** Cold Pressed

**Appearance:** Clear golden 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:**

- Walnut Oil refined
- Walnut Oil unrefined

## STAR RATING

Skincare	★★★★
Culinary	★★★★
Nutritional	★★★★

