



Perilla Oil Veggie-fit

Food supplement containing plant-based, biologically active omega-3 fatty acids

Useful information:

Our Veggie-fit Perilla Oil is ideal for anyone who wants to avoid animal products and still be sufficiently supplied with unsaturated fatty acids.

The oil is extracted from the seeds of the perilla plant (*Perilla frutescens*), which is also known as Shiso, and originally comes from Asia. The oil can be used pure or as an addition to mueslis, salads or smoothies.

Compared to other vegetable oils, perilla oil contains the highest proportion of biologically active, polyunsaturated omega-3 fatty acids. These include above all alpha-linolenic acid, which as an omega-3 fatty acid contributes to maintaining normal blood cholesterol levels (from a daily intake of 2 grams).

Ingredients: 100 % Perilla Oil.

	per daily dose (1/2 teaspoon = 3.5 g)	per 100 g
Perilla oil	3.5 g	93 g
of which fat	3.5 g	93 g
of which saturated fatty acids	0.3 g	8 g
unsaturated fatty acids	0.6 g	17 g
polyunsaturated fatty acids	2.6 g	69 g
Alpha-linolenic acid	2.1 g	56 g

Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011 not available.

Recommended dose: Take 1 x approx. ½ teaspoon (3.5 g) per day.

Please keep properly closed, and store in a dark and cool place.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Contents 250 ml

(= 76 portions of 3.5 g)

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