



## Organic Sacha Inchi Oil

### Useful information:

Sacha Inchi oil is extracted from the Inca nut (*Plukenetia volubilis*), a plant native to the tropical regions of the Peruvian Andes. The oil, which is obtained from the seeds of the plant by purely mechanical cold pressing, is considered one of the best oils in the world. It has a mild, slightly nutty flavour that goes very well with salads and cold dishes. Due to its high smoke point (255 °C) it can also be safely used for cooking, frying or baking. The exceptionally high proportion and ideal composition of the omega-3, omega-6 and omega-9 fatty acids contained are remarkable. Further positive characteristics, which have quickly been shared amongst nutrition-conscious users, make Sacha Inchi Oil a valuable "superfood" that really deserves this name!

**Ingredients:** 100 % Sacha Inchi Oil (*Plukenetia volubilis*) from controlled organic cultivation.

Average nutritional values	per 100 g
Calorific content	3441 kJ/837 kcal
Fat	93 g
of which	
- saturated fatty acids	7 g
- of which unsaturated fatty acids*	8 g
- polyunsaturated fatty acids**	78 g
Carbohydrates	0 g
Protein	0 g
Salt	0 g

\* of which omega-9 fatty acids (oleic acid): 7 g

\*\* of which omega-3 fatty acids (alpha-linolenic acid): 37 g  
of which omega-6 fatty acids (linolenic acid): 29 g

**Recommended dose:** Start with 1 teaspoon daily and slowly increase the amount to max. 1-2 tablespoons daily.

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



DE-ÖKO-001

Non-EU agriculture

### Contents 250 ml

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