

PUMPKIN SEED OIL

Our pumpkin seed is sourced internationally from certified organic growers. We import dried seeds and cold press them to extract the oil and proteins. The cold-pressed oil has an enthusiastic following among both wellness and natural beauty communities. Pumpkin seed oil has been suggested for both inner and outer beauty, thanks to its rich vitamin A and E, omega 3 and 6 fatty acids, zinc, and a host of potent antioxidants.

Quick Facts:

- Anti-inflammatory properties
- Nutrient rich — with antioxidants, iron, zinc, magnesium, vitamin K, and omega 3-6-9 fatty acids
- Pleasant nutty flavour
- Can be used in marinades, salad dressings, smoothies, and juice
- Supplement quality product ideal for encapsulation
- Smoke point - 165°C



Nutrition Facts

Serving Size 1 tbsp (15mL)

Amount Per Serving

Calories **120**

% Daily Value*

Total Fat 14g **18%**

Saturated Fat 2.5g **13%**

Polyunsaturated Fat 6g

Monounsaturated Fat 5g

Cholesterol 0mg

Sodium 0mg **0%**

Carbohydrate 0g **0%**

Protein 0g **0%**

Not a significant source of fibre, sugars, vitamin A, vitamin C, calcium and iron.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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