



## Rapeseed Oil

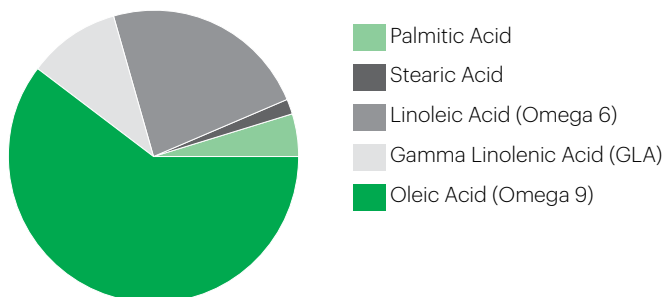
Rapeseed Oil is an Extra Virgin Cold Pressed oil that is produced from the seeds *Brassica napus*.

This high quality oil is derived from blended varietal seed lines, batch pressed and fully sedimented and then double filtered to enhance the natural colour and nutty flavour. It is a truly versatile oil with a high smoke point of 220°C, well suited to cooking.

Rapeseed Oil is a healthy oil, with a low level of saturated fat per total fat content, one of the lowest of oils derived from plants. Rapeseed oil contains a high percentage (61%) of monounsaturated fat, and moderate amounts of polyunsaturated fat (32%). Polyunsaturated fat includes essential fatty acids, such as the Omega 3 – Alpha Linolenic Acid (ALA).

Alpha Linolenic Acid is an essential fatty acid that our body is unable to produce and should therefore be present in our diet for the maintenance of good health. Current food trends have resulted in a depletion of available Omega 3 in our diets. Adding Rapeseed Oil to our daily food intake through a variety of recipes, helps rebalance this deficiency.

### Fatty Acid Profile



### Star Rating

Health	★★★★★
Skincare	★★★★★
Gourmet Culinary	★★★★★
High Temperature Cooking	★★★★★

### Technical Data

**Product Name:** Rapeseed Oil

**Botanical Name:** *Brassica napus*

**Food Safety:** This product has been produced in accordance with HACCP principles.

**Active Ingredient(s):** Alpha Linolenic Acid (Omega 3).

**Extraction Method:** Cold Pressed.

**Shelf life:** If stored in unopened containers at less than 20°C, this product can expect to have a shelf life of 12 months. Once opened the shelf life is limited by temperature, light and oxygen exposure. Any remaining oil should be blanketed with Nitrogen and used as soon as possible.

**Common Dosage:** Liquid.

**GM Status:** Produced in a GM free production process.

**Certifications available:** HACCP. Kosher and Halal available on request.

#### Product Variations:

- Rapeseed Oil Unrefined Extra Virgin
- OmegaNZ Rapeseed Oil 250ml

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