

WHY IS COLD PRESSED COOKING OIL BEST?

Most **Heat Pressed - Refined** oils are extracted using chemical, petroleum solvents and high temperatures i.e. **the pulp is heated (230 Degree centigrade) under pressure.** Heat pressed method leaves the oil with a very unpleasant taste, so the oil has to be bleached and deodorized to remove this taste and color. The refining process also destroys all naturally-occurring vitamins and antioxidants, so these are added back in chemical formula into the finished oil at the end of the process

is released without any heat treatment, with the only heat coming from the friction created during the pressing, which never exceeds 35°C. This helps us to retain the high quality of the oil, including all the natural flavor, aroma, and nutritional value.

Cold Pressed Oils will provide a vital contribution to your healthier life:

- They are, cholesterol free
- They are, not refined, deodorized or processed in any way
- They do not contain harmful solvent residues
- They are, no added chemicals or preservatives
- They contain natural antioxidants such as tocopherols (e.g. Vitamin E) and phosphatides (e.g. Lecithin)
- The natural flavor and odor is retained, enhancing your favorite recipes.

HEALTH BENEFITS OF COLD PRESSED OIL

GROUNDNUT OIL	SESAME OIL
BOOSTS IMMUNE SYSTEM	PREVENTS CANCER
CONTROLS CHOLESTEROL LEVELS	PROTECTS HEART HEALTH
BOOSTS HEART HEALTH	IMPROVES BONE QUALITY
PREVENTS CANCER	RELIEVES ANXIETY
LOWERS BLOOD PRESSURE	HAIR CARE
PREVENTS COGNITIVE DISORDERS	BOOSTS CIRCULATION & METABOLISM
SKIN CARE	REDUCES INFLAMMATION
COCONUT OIL	SUN FLOWER OIL
HAIR CARE	PREVENTS CANCER
SKIN CARE	LOWERS CHOLESTEROL LEVELS
WEIGHT LOSS	IMPROVES IMMUNE SYSTEM
BOOSTS HEART HEALTH	BOOSTS HEART HEALTH
IMPROVES IMMUNITY	TREATS ATHLETE'S FOOT
BOOSTS DIGESTION	SKIN CARE
DENTAL CARE	REDUCES INFLAMMATION
HELPS IN AIDS & CANCER TREATMENT	PREVENTS INFECTIONS