



Fushi Organic Ghee is traditionally churned from artisan grass-fed butter for maximum quality. Ghee has a high smoke point, ideal for healthy frying, sautéing, oven-cooking, and searing. Ghee typically contains fat-soluble vitamins A, D, E, K and butyrate thought to support a healthy gut - all essential for good health.

#### WHAT MAKES OUR ORGANIC GHEE SO GOOD?

- 1 Fushi Organic Ghee is sourced from free-range, **grass-fed cows**.
- 2 Our ghee is clarified using the traditional Ayurvedic method & **freshly hand churned**.
- 3 This involves slow **cooking for 6-8 hours** to remove any impurities.
- 4 We only use **100% organic** butter with no additives.
- 5 Our pure & natural ghee ensures that you get the maximum **health benefits** and delicious flavour.

Visit our website for further information on our ethical policy.  
[www.fushiwellbeing.com](http://www.fushiwellbeing.com) | Fushi is a registered trademark

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# fushi

## GRASS-FED ORGANIC GHEE

100% PURE & AUTHENTIC



230g

**DIRECTIONS:** Use as an alternative to your usual cooking oil. Delicious in baking. Can also be used externally on skin and hair. It is normal for the consistency to change depending on room temperature. Oil separation is normal. Just give it a loving stir! Keep refrigerated once opened.

**INGREDIENTS:** 100% pure organic Ghee "(Clarified butter(**Milk**))". Vegetarian & organic.

**ORIGIN:** Germany

**FREE FROM:** Added flavourings, preservatives or colourings.

**ALLERGENS:** Derived from **Milk**.

Nutritional Information	Typical value per 100g	%EU NRV*	20g Serving provides	%EU NRV*
Energy	3693kJ/ 898 kcal		738.6 kJ/ 179.6 kcal	
Fat	99.8 g		19.96 g	
Of which saturates	67.9 g		13.58 g	
Carbohydrate	0 g		0 g	
Of which sugars	0 g		0 g	
Protein	0 g		0 g	
Salt	0 g		0 g	
Vitamin A (Retinol)	747.7 mcg RAE	93%	149.54 mcg RAE	19%

\*EU Nutrients Reference Values



FOO10 454A v3



best before:  
see on lid

