

Fushi Fresh-Pressed®, pure, organic oils are unrefined and cold-pressed, from the season's harvest to ensure freshness and quality.

In Ayurveda, Prana represents life-force energy, and we infuse this philosophy into our products. Our ingredients are 100% pure to deliver the best efficacy, created in our London workshop.



GB-ORG-05 NON-EU  
AGRICULTURE



Cruelty Free  
INTERNATIONAL



LEARN MORE  
ABOUT AVOCADO  
OIL



GB-ORG-05 NON-UK  
AGRICULTURE



Fushi is a registered trademark  
[www.fushiwellbeing.com](http://www.fushiwellbeing.com)

FUSHI WELLBEING LTD.

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fushi

AVOCADO OIL

FRESH-PRESSED® | 100% PURE

ORGANIC

NUTRITION | OMEGA-RICH OIL



**DIRECTIONS:** Use 2-3 tablespoons daily as cooking oil. Suitable for medium to high heat. Perfect for sauteing, dipping or drizzling on a finished dish.

**INGREDIENTS:** Organic Cold-Pressed, Unrefined Avocado (Persea Americana) Oil.

**ORIGIN:** Kenya.

**CAUTION:** Store in a cool, dry place.

**FREE FROM:** Preservatives, artificial colours or flavours.

**BEST BEFORE:** See side of label.

NUTRITIONAL INFORMATION	PER 100ML APPROX 16 SERVINGS	PER (5ML) TEASPOON	%RI*
Energy	3452kJ/840kcal	518kJ/126kcal	6%
Fat	93.3g	14g	20%
of which saturates	13.3g	2g	10%
of which mono-unsaturates	66.7g	10g	
of which polyunsaturates	13.3g	2g	
Carbohydrates	0g	0g	0%
of which sugars	0g	0g	0%
Protein	0g	0g	0%
Sodium	0g	0g	0%
*Reference intake of an average adult (8400 kJ/2000 kcal)			

100ml e

