

the
groovy food[®]
company

INGREDIENTS:

Organic Flax Oil, Organic Hemp Oil, Organic Pumpkin Seed Oil, Organic Evening Primrose Oil. Omega 3, 6 & 9 are derived from the above oils in a 2:1:1 ratio.
All produced from organically grown seeds.

NUTRITIONAL INFORMATION:

Typical Nutritional Values	Per 100g	Per 15ml
Energy	3700KJ 900kcal	533KJ 125kcal
Fat	92.56g	13.88g
of which Saturates	9.81g	1.47g
Carbohydrate	0g	0g
of which Sugars	0g	0g
Protein	0g	0g
Sodium	0g	0g
Omega-3 (Alpha Linolenic Acid) ALA	41.94g per 100ml	
Omega-6	20.83g per 100ml	
Omega-9	19.8g per 100ml	

Bottle contains approx. 16 x 15ml servings.

GUARANTEE

We hope you love our Groovy product. Because our ingredients are organic, slight variations in appearance and flavour may occur. But don't worry, the quality is always guaranteed. Should you be in any way dissatisfied with this product, please return it to us for a full refund. The customer is always right, right? Your statutory rights won't be affected.

Best Before End:



5 060069 170002 >



A blend of selected organic seed oils.

Our delicious blend of cold pressed organic seed oils are rich in omega 3 and offer a natural balance of plant based omega 3, 6 and 9.

One serving of **Omega Cool Oil** provides enough **Omega 3** (Alpha Linolenic Acid) to contribute to the maintenance of normal blood cholesterol levels.

Drizzle it. Spoon it.

Shake it. Love it!

Loves to be whizzed into smoothies, swirled into soups, drizzled on salads or enjoyed on its own. Don't heat or cook **Omega Cool Oil**, it's best served chilled.

Storage: Keep in a cool, dark place away from direct sunlight. After opening, keep refrigerated and use within 6 weeks.

☒ suitable for vegetarians and vegans

☒ nut free

250ml e Best before end see back
Produced and packed in the UK

We're always happy to hear from our customers, for tips and recipes please visit:

www.groovyfood.co.uk

[f](#) /TheGroovyFoodCompany [t](#) /TheGroovyFoodCo
[i](#) /TheGroovyFoodCompany

Delicious eats for foodie peeps

The Groovy Food Company Ltd
EX3 0PW.



GIL-ORG-05
Non-EU Agriculture