

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-UK AGRICULTURE



GB-ORG-05
NON-EU AGRICULTURE



Cruelty Free
INTERNATIONAL



MADE IN UK



LEARN MORE ABOUT
SESAME OIL

Fushi is a registered trademark
www.fushiwellbeing.com

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fushi

SESAME OIL

FRESH-PRESSED® | 100% PURE

ORGANIC

NOURISH | INSIDE & OUT



DIRECTIONS: Culinary Use - 1 teaspoon (5ml) as a finishing oil for salads, stir-fries, soups, and noodle dishes. Add after cooking to preserve nutrients and flavour. Not suitable for high-heat cooking.

Cosmetic - Apply to clean skin and massage gently. Suitable for daily use on face and body. Patch test recommended for sensitive skin.

Oil Pulling - Traditional use: Swish 1 tablespoon in mouth for 4-8 minutes, then spit out and rinse with warm water. Brush your teeth afterwards.

INGREDIENTS: Organic Sesamum indicum (Sesame Seed) Oil.

ALLERGEN: Contains **Sesame**.

ORIGIN: Ingredient Origin India. Made in the UK.

CAUTION: Store in a cool, dark place.

BEST BEFORE: Once opened **keep refrigerated** and consume **within 6 months.**

NUTRITIONAL INFORMATION	PER (5ML) TEASPOON	PER 250ML APPROX 50 SERVING	%RI*
Energy	41 kcal / 168 kJ	2038 kcal / 8379 kJ	
Fat	4.5g	223g	115%
of which saturates	0.7g	35g	175%
Carbohydrates	0.1g	6.6g	2%
of which sugars	<0.1g	<0.2g	0%
Protein	<0.1g	<0.2g	0%
Salt	0g	0g	0%
*Reference intake of an average adult (8400 kJ / 2000 kcal)			

Typical Fatty Acid Profile (per 5ml serving):

Omega-3 (Alpha-Linolenic Acid): 15.6mg

Omega-6 (Linoleic Acid): 1880mg

Omega-9 (Oleic Acid): 1700mg

*Naturally Occurring Lignans (from 20% black sesame blend):
Sesamin, Sesamolin – naturally present in cold-pressed oil.*



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250ml e