

100% natural & rich in Omegas

Salad Dressing, Cooking and Roasting

25+ avocados per bottle

## From Kenya, with love



From the sun-kissed orchards of Mt. Kenya, our avocados, freshly handpicked by 20,000 farmers and cold pressed at peak-ripeness, brings a smooth, buttery oil, with subtle aromas bursting with essential omegas.

Every drop is a testament to transparent sourcing and unparalleled flavour. We offer sustainability, traceability and profit-sharing with every spoonful to improve the livelihoods of our farmers and their families.

**Avocado oil's high smoke point ensures no valuable nutrient is lost during cooking including:**



### Rich in Healthy Fats

High in Oleic acid, promotes heart health, reduces inflammation, and encourages a diet rich in a healthy profile of Omega 3, 6 & 9.



### Supports Skin & Eye Health

Contains Lutein for reduced risk of age-related eye diseases and aids collagen synthesis for youthful skin and suppleness.



### Enhances Nutrient Absorption

High in Vitamin E, with potent antioxidants like carotenoids and tocopherol, boosting absorption from low-fat fruits and vegetables, lowering the likelihood of chronic diseases.

# omega pressery



## peak-ripe avocados cold pressed

from branch to bottle.  
No nasties, no secrets,  
just pure nutrition.

### 100% EXTRA VIRGIN AVOCADO OIL

Non GMO - Vegan - Keto

8.45

250 ML

OZ.

## Nutrition Facts

Serving size	1tbsp(15ml)
Amount per serving	
Calories	120kcal
	%Daily Value
Total Fat 13.7g	21%
Saturated Fat 3g	15%
Polyunsaturated Fat 1.8g	
Monounsaturated Fat 8.9g	
Total Carbs 0g	0%
Of which added sugars 0g	0%
Protein 0g	0%
Fibers 0g	0%
Salt 0mg	

**Vitamin E** 16mg per 100ml

Not a significant source of cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron, and potassium

**Ingredient:** 100% Extra Virgin Avocado Oil  
**Origin:** Kenya

Store in a cool dark place at room temperature and use within 3 months of opening the seal. Natural oil separation is normal. Don't worry, just give it a light shake.

**Bottled in the UK for Bazaar Direct Ltd. Visit**  
**omegapressery.com or contact us at**  
**sales@omegapressery.com**

**Best Before:**



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