

## The story...

In 2000, Olivado developed the world's first Extra Virgin Avocado Oil from the fresh, ripe flesh of New Zealand avocados. As well as its natural health benefits, the avocado produces a delicious oil, which can be used to enhance the flavours of delicate food. Now a leading international brand, Olivado is enjoyed in over 33 countries.

## The taste...

The smooth and mild taste of ripe Hass and Fuerte avocado. It's perfect for gentle heating in a frying pan as well as for high heat cooking. Drizzle over salads and vegetables and it's great with seafood too.

## The goodness...

All the natural goodness of avocado. High in Vitamin E and monounsaturated fats. Contains no trans fats, additives, preservatives or artificial ingredients.



# OLIVADO

## *Taste the goodness*



## Extra Virgin AVOCADO OIL



A cold pressed,  
versatile everyday oil

For all high heat cooking,  
salads and sauces

World leader in avocado  
bio-energy

250ml e

A world leader in avocado bio-energy, Olivado uses all avocado waste to power our factories, fuel our vehicles and make fertiliser.

Quality Extra Virgin Avocado Oils require careful fruit handling, cooling and ripening. The flesh of the avocado is mechanically separated from the skin and stone and the oil is extracted under 45°C.

To discover more about Olivado, and to see our tasty recipes, go to [www.olivado.com](http://www.olivado.com)

Use within 3 months of opening. Store in a cool dark place. Olivado Avocado Oil is not filtered, so the oil may appear cloudy when cool.

INGREDIENTS: Extra Virgin Avocado Oil (100% New Zealand Hass and East African Fuerte avocados).

Exporter: Olivado Limited (New Zealand) and Olivado EPZ Ltd (Kenya).

Imported and bottled in the UK for Olivado by Phoenix Speciality Oils: +44 1623 272070

Olivado UK: +44 7923 160373

### NUTRITIONAL INFORMATION

Servings Per Pack: 16	Quantity per
Serving = 15ml	100ml
Energy	3370kJ 805kcal
Fat, total	91g
- saturated	13g
- polyunsaturated	10g
- monounsaturated	68g
Carbohydrate	0
- sugars	0
Salt	0
Vitamin E	16mg

\*A 15ml serving provides 22% of the recommended daily reference intake of Vitamin E.



BEST  
BEFORE:  
BATCH  
NO:

