

the
groovy food[®]
company

INGREDIENTS:

Camelina Sativa Oil, Sunflower Oil High Oleic,
Avocado Oil, Toasted **Sesame Seed Oil**, Olive Oil,
Antioxidant (alpha-tocopherol).

Allergy Advice: For allergens, see ingredients in
bold.

NUTRITIONAL INFORMATION:

Typical Nutritional Values	Per 100g	Per 15ml
Energy	3700KJ 900kcal	555KJ 135kcal
Fat	91.28g	13.77g
of which Saturates	12.9g	1.94g
Carbohydrate	3.8g	0.57g
of which Sugars	0g	0g
Protein	0g	0g
Sodium	0g	0g

Omega-3 (Alpha Linolenic Acid) ALA 26.0g per 100ml

Omega-6 16.3g per 100ml

Omega-9 26.2g per 100ml

Bottle contains approx. 16 x 15ml servings.

GUARANTEE

We hope you love our Groovy product. 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:



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omega high five cooking oil

*a selected blend of
five cold-pressed oils*

Rich in
omega 3



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

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

This cooking oil keeps its flavour even
at high temperatures (up to 185°C).
So that's great news for all of your
dishes.

Splash. Stir. Cook.

Great with salads, pasta, rice,
vegetables, meat dishes, roast
potatoes, stir fries and anything else
that takes your fancy.

Storage: Keep in a cool, dark place
away from direct sunlight.

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

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Delicious eats for foodie peeps

The Groovy Food Company LTD, EX3 0PW.