

The story...

In 2000, Olivado developed the world's first Extra Virgin Avocado Oil from the fresh, ripe flesh of New Zealand avocados. Now a leading international brand, Olivado is enjoyed in over 25 countries. Avocado Lemon Zest was created by processing ripe lemons with the flesh of ripe avocados. The result is an exquisite culinary oil that embodies all the goodness of avocado oil with the zesty oil of the skin of the lemon.

The taste...

The smooth and mild taste of ripe Hass avocado with the zest of fresh lemon. It's a perfect, natural salad dressing, it's great with seafood and is ideal for high heat cooking up to 255°C.

The goodness...

All the natural goodness of avocado. High in Vitamin E, monounsaturated fats, beta sitosterol and lutein. Highest plant source of Co Q10. Contains no trans fats, additives, preservatives or artificial ingredients.



OLIVADO

Taste the goodness



Extra Virgin AVOCADO LEMON ZEST



The oil from a cold pressing of fresh avocado and lemon

Use for cooking, salads or seafood

250ml e

Product of New Zealand and Kenya



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.

Try Olivado's range of Extra Virgin Olive Oils, which have more healthy phenolic compounds than most other olive oils.

To discover more about Olivado, and to see our tasty recipes, go to 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 (99%); Lemon Oil (1%).

PRODUCER: Olivado Limited,
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Imported and bottled in the UK for Olivado by Phoenix Speciality Oils:
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Olivado UK: +44 7923 160373



BEST
BEFORE:
BATCH
NO:



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NUTRITIONAL FACTS

Servings Per Pack: 16
Serving = 15ml

	Avg. per 100ml	Avg. per Serving
Energy	3370kJ	505.5kJ
Protein	0g	0g
Total Fat	91g	13.7g
- Saturated Fat	13g	1.9g
- Polyunsaturated Fat	10g	1.5g
- Monounsaturated Fat	68g	10.3g
- Trans Fat	0g	0g
Cholesterol	0g	0g
Carbohydrate	0g	0g
Sugars	0g	0g
Sodium	0mg	0mg
Vitamin E*	16mg	2.4mg

*A 15ml serving provides 20% of the recommended daily allowance of Vitamin E.