

Average Nutritional Values/ valeur nutritionnelle
 moyenne pour/ keskimääräinen ravintoarvo/ gemiddelde
 voedingswaarde/ näringsvärden/ **per 100g**

Energy/ énergie/energia/ energi/energie	3760kJ/900kcal
Fat/ matières grasses/rasva/vetten/fett of which saturates/dont acides gras saturés/ josta tyydyttyneitä/waarvan verzadigde vetzuren/hvorav mettet fett	100g 16g
Mono-unsaturates	36g
Polyunsaturates	46g
of which Alpha Linolenic Acid	0.5g
of which Linoleic Acid	52g
Carbohydrate/ glucides/hiilihydraatit/ koolhydraten/karbohydrater	0.0g
of which sugars/ dont sucres/josta sokereita/ waarvan suikers/hvorav sukkerarter	0.0g
Fibre/ fibres alimentaires/ravintokuitu/ vezels/fiber	0.0g
Protein/ protéines/proteiini/eiwitten/protein	0.0g
Salt/ sel/suola/zout/salt	0.0g

Once opened keep refrigerated and consume within 6 weeks/ Après ouverture, conserver au réfrigérateur et consommer endéans les 6 semaines/ Avaamisen jälkeen pitää jääkaapissa ja käyttää 6 viikon sisällä/ Na openen in de koelkast bewaren en binnen 6 weken consumeren/ Öppnad förpackning förvaras i kylen och används inom 6 veckor.

Best before: see stamp/ À consommer de préférence avant le: voir impression/ Parasta ennen: katso pakkauksen päältä/ Ten minste houdbaar tot: zie stempel/ Bast fore-datum: se datummärkning.

www.biona.co.uk

Biona, 6a Lower Teddington Rd, Kingston, KT1 4ER, UK
 Biona, Turfsteker 6, 8433 HT, Haulerwijk, Netherlands



ORGANIC PUMPKIN SEED OIL

*cold-pressed organic
pumpkin seed oil
containing essential
fatty acids*

*perfect for adding
a nutty flavour to
salad dressings*

250ml

ORGANIC PUMPKIN SEED OIL

Our Pumpkin Seed Oil is made from high quality organic pumpkin kernels, which have been carefully cold pressed. Drizzle over salads and soups, to add a smooth and nutty flavour to your favourite dishes.

GB ORGANIC PUMPKIN SEED OIL

Ingredients: Pumpkin Seed Oil*.
 * = Certified Organic Ingredients.

F HUILE DE GRAINES DE CITROUILLE BIOLOGIQUE

Ingédients: huile de graines de citrouille*.
 * = issus de l'agriculture biologique.

FIN LUOMO KURPITSANSIEMENÖLJY

Ainekset: kurpitsansiemenöljy*.
 * = kontrolloitu luomutuote.

NL BIOLOGISCHE POMPOENZAADOLIE

Ingrediënten: pompoenzaaddolie*.
 * = van gecontroleerd biologische landbouw.

S EKOLOGISK PUMPAFRÖOLJA

Ingredienser: olja från pumpfrö*.
 * = certifierat ekologiska ingredienser.

Our careful pressing and bottling method preserve the nutritional wealth and natural flavour as much as possible.



NL-BIO-01
 EU Agriculture
 Agriculture UE
 EU maataloutta
 EU Landbouw
 EU jordbruk



250ml

