

NUTRITION INFORMATION					
Typical values: Per 100ml					
Energy	3515kJ 855kcal	%RI* 41.8	Per 5ml	175.8kJ 42.8kcal	%RI* 2.1
Total Fat of which:	95g	135.7		4.75g	6.8
- Saturates	8g	40	0.4g		2
- Monounsaturates	24g		1.2g		
- Polyunsaturates	63g		3.15g		
Carbohydrates of which:	0g	0	0g		0
- Sugars	0g		0g		
Protein	0g	0	0g		0
Salt	0g	0	0g		0
Linoleic Acid (omega 6 EFA)	53g		2.6g		
Oleic Acid (omega 9 EFA)	22g		1.1g		
Alpha Linoleic Acid (omega 3 EFA)	10g		0.52g		

%RI - Reference Intake of an average adult (8400kJ/2000kcal)  
This pack provides 40 x 5ml portions.

INGREDIENTS: Organically grown unrefined cold pressed walnut oil.  
DOES NOT CONTAIN: sugar, salt, starch, soya, wheat, gluten, maize, corn, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

This superior PET bottle is  
100% stable & non toxic.

# HIGHER NATURE®

Ω OMEGA  
EXCELLENCE

## Organic Cold Pressed Walnut Oil

Light oil with distinctive nutty taste  
Rich in healthy omegas

200ml

Vegan



### Organic Cold Pressed Walnut Oil

DIRECTIONS: Use with salads, vegetables, dips, desserts, cooked pasta and rice. Not suitable for frying or baking. A healthy daily serving would be 1-2 teaspoons (5-10ml) (adults and children over 4 years).

This tasty 100% Certified Organic Cold Pressed Walnut Oil is extracted from superior quality, organically grown, raw walnuts. Carefully cold pressed and filtered to create a delicate, soft-yellow oil with a distinctive, sweet walnut flavour.

Suitable for vegetarians and vegans.  
Contains nut oil.

This product is not tested on animals.

STORE IN A COOL, DARK PLACE. REFRIGERATE AFTER OPENING AND CONSUME WITHIN 6 WEEKS. PACKAGED IN A PROTECTIVE ATMOSPHERE.

BEST BEFORE END: see base

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK  
www.highternature.com



GB-ORG-04  
Non EU Agriculture

200ml  
OEWO200  
105

105  
90  
890  
5890  
505  
101  
3101  
3103  
503101  
503103  
503105  
503107  
503109  
503111  
503113  
503115  
503117  
503119  
503121  
503123  
503125  
503127  
503129  
503131  
503133  
503135  
503137  
503139  
503141  
503143  
503145  
503147  
503149  
503151  
503153  
503155  
503157  
503159  
503161  
503163  
503165  
503167  
503169  
503171  
503173  
503175  
503177  
503179  
503181  
503183  
503185  
503187  
503189  
503191  
503193  
503195  
503197  
503199  
503201  
503203  
503205  
503207  
503209  
503211  
503213  
503215  
503217  
503219  
503221  
503223  
503225  
503227  
503229  
503231  
503233  
503235  
503237  
503239  
503241  
503243  
503245  
503247  
503249  
503251  
503253  
503255  
503257  
503259  
503261  
503263  
503265  
503267  
503269  
503271  
503273  
503275  
503277  
503279  
503281  
503283  
503285  
503287  
503289  
503291  
503293  
503295  
503297  
503299  
503301  
503303  
503305  
503307  
503309  
503311  
503313  
503315  
503317  
503319  
503321  
503323  
503325  
503327  
503329  
503331  
503333  
503335  
503337  
503339  
503341  
503343  
503345  
503347  
503349  
503351  
503353  
503355  
503357  
503359  
503361  
503363  
503365  
503367  
503369  
503371  
503373  
503375  
503377  
503379  
503381  
503383  
503385  
503387  
503389  
503391  
503393  
503395  
503397  
503399  
503401  
503403  
503405  
503407  
503409  
503411  
503413  
503415  
503417  
503419  
503421  
503423  
503425  
503427  
503429  
503431  
503433  
503435  
503437  
503439  
503441  
503443  
503445  
503447  
503449  
503451  
503453  
503455  
503457  
503459  
503461  
503463  
503465  
503467  
503469  
503471  
503473  
503475  
503477  
503479  
503481  
503483  
503485  
503487  
503489  
503491  
503493  
503495  
503497  
503499  
503501  
503503  
503505  
503507  
503509  
503511  
503513  
503515  
503517  
503519  
503521  
503523  
503525  
503527  
503529  
503531  
503533  
503535  
503537  
503539  
503541  
503543  
503545  
503547  
503549  
503551  
503553  
503555  
503557  
503559  
503561  
503563  
503565  
503567  
503569  
503571  
503573  
503575  
503577  
503579  
503581  
503583  
503585  
503587  
503589  
503591  
503593  
503595  
503597  
503599  
503601  
503603  
503605  
503607  
503609  
503611  
503613  
503615  
503617  
503619  
503621  
503623  
503625  
503627  
503629  
503631  
503633  
503635  
503637  
503639  
503641  
503643  
503645  
503647  
503649  
503651  
503653  
503655  
503657  
503659  
503661  
503663  
503665  
503667  
503669  
503671  
503673  
503675  
503677  
503679  
503681  
503683  
503685  
503687  
503689  
503691  
503693  
503695  
503697  
503699  
503701  
503703  
503705  
503707  
503709  
503711  
503713  
503715  
503717  
503719  
503721  
503723  
503725  
503727  
503729  
503731  
503733  
503735  
503737  
503739  
503741  
503743  
503745  
503747  
503749  
503751  
503753  
503755  
503757  
503759  
503761  
503763  
503765  
503767  
503769  
503771  
503773  
503775  
503777  
503779  
503781  
503783  
503785  
503787  
503789  
503791  
503793  
503795  
503797  
503799  
503801  
503803  
503805  
503807  
503809  
503811  
503813  
503815  
503817  
503819  
503821  
503823  
503825  
503827  
503829  
503831  
503833  
503835  
503837  
503839  
503841  
503843  
503845  
503847  
503849  
503851  
503853  
503855  
503857  
503859  
503861  
503863  
503865  
503867  
503869  
503871  
503873  
503875  
503877  
503879  
503881  
503883  
503885  
503887  
503889  
503891  
503893  
503895  
503897  
503899  
503901  
503903  
503905  
503907  
503909  
503911  
503913  
503915  
503917  
503919  
503921  
503923  
503925  
503927  
503929  
503931  
503933  
503935  
503937  
503939  
503941  
503943  
503945  
503947  
503949  
503951  
503953  
503955  
503957  
503959  
503961  
503963  
503965  
503967  
503969  
503971  
503973  
503975  
503977  
503979  
503981  
503983  
503985  
503987  
503989  
503991  
503993  
503995  
503997  
503999  
503001  
503003  
503005  
503007  
503009  
503011  
503013  
503015  
503017  
503019  
503021  
503023  
503025  
503027  
503029  
503031  
503033  
503035  
503037  
503039  
503041  
503043  
503045  
503047  
503049  
503051  
503053  
503055  
503057  
503059  
503061  
503063  
503065  
503067  
503069  
503071  
503073  
503075  
503077  
503079  
503081  
503083  
503085  
503087  
503089  
503091  
503093  
503095  
503097  
503099  
503101  
503103  
503105  
503107  
503109  
503111  
503113  
503115  
503117  
503119  
503121  
503123  
503125  
503127  
503129  
503131  
503133  
503135  
503137  
503139  
503141  
503143  
503145  
503147  
503149  
503151  
503153  
503155  
503157  
503159  
503161  
503163  
503165  
503167  
503169  
503171  
503173  
503175  
503177  
503179  
503181  
503183  
503185  
503187  
503189  
503191  
503193  
503195  
503197  
503199  
503201  
503203  
503205  
503207  
503209  
503211  
503213  
503215  
503217  
503219  
503221  
503223  
503225  
503227  
503229  
503231  
503233  
503235  
503237  
503239  
503241  
503243  
503245  
503247  
503249  
503251  
503253  
503255  
503257  
503259  
503261  
503263  
503265  
503267  
503269  
503271  
503273  
503275  
503277  
503279  
503281  
503283  
503285  
503287  
503289  
503291  
503293  
503295  
503297  
503299  
503301  
503303  
503305  
503307  
503309  
503311  
503313  
503315  
503317  
503319  
503321  
503323  
503325  
503327  
503329  
503331  
503333  
503335  
503337  
503339  
503341  
503343  
503345  
503347  
503349  
503351  
503353  
503355  
503357  
503359  
503361  
503363  
503365  
503367  
503369  
503371  
503373  
503375  
503377  
503379  
503381  
503383  
503385  
503387  
503389  
503391  
503393  
503395  
503397  
503399  
503401  
503403  
503405  
503407  
503409  
503411  
503413  
503415  
503417  
503419  
503421  
503423  
503425  
503427  
503429  
503431  
503433  
503435  
503437  
503439  
503441  
503443  
503445  
503447  
503449  
503451  
503453  
503455  
503457  
503459  
503461  
503463  
503465  
503467  
503469  
503471  
503473  
503475  
503477  
503479  
503481  
503483  
503485  
503487  
503489  
503491  
503493  
503495  
503497  
503499  
503501  
503503  
503505  
503507  
503509  
503511  
503513  
503515  
503517  
503519  
503521  
503523  
503525  
503527  
503529  
503531  
503533  
503535  
503537  
503539  
503541  
503543  
503545  
503547  
503549  
503551  
503553  
503555  
503557  
503559  
503561  
503563  
503565  
503567  
503569  
503571  
503573  
503575  
503577  
503579  
503581  
503583  
503585  
503587  
503589  
503591  
503593  
503595  
503597  
503599  
503601  
503603  
503605  
503607  
503609  
503611  
503613  
503615  
503617  
503619  
503621  
503623  
503625  
503627  
503629  
503631  
503633  
503635  
503637  
503639  
503641  
503643  
503645  
503647  
503649  
503651  
503653  
503655  
503657  
503659  
503661  
503663  
503665  
503667  
503669  
503671  
503673  
503675  
503677  
503679  
503681  
503683  
503685  
503687  
503689  
503691  
503693  
503695  
503697  
503699  
503701  
503703  
503705  
503707  
503709  
503711  
503713  
503715  
503717  
503719  
503721  
503723  
503725  
503727  
503729  
503731  
503733  
503735  
503737  
503739  
503741  
503743  
503745  
503747  
503749  
503751  
503753  
503755  
503757  
503759  
503761  
503763  
503765  
503767  
503769  
503771  
503773  
503775  
503777  
503779  
503781  
503783  
503785  
503787  
503789  
503791  
503793  
503795  
503797  
503799  
503801  
503803  
503805  
503807  
503809  
503811  
503813  
503815  
503817  
503819  
503821  
503823  
503825  
503827  
503829  
503831  
503833  
503835  
503837  
503839  
503841  
503843  
503845  
503847  
503849  
503851  
503853  
503855  
503857  
503859  
503861  
503863  
503865  
503867  
503869  
503871  
503873  
503875  
503877  
503879  
503881  
503883  
503885  
503887  
503889  
503891  
503893  
503895  
503897  
503899  
503901  
503903  
503905  
503907  
503909  
503911  
503913  
503915  
503917  
503919  
503921  
503923  
503925  
503927  
503929  
503931  
503933  
503935  
503937  
503939  
503941  
503943  
503945  
503947  
503949  
503951  
503953  
503955  
503957  
503959  
503961  
503963  
503965  
503967  
503969  
503971  
503973  
503975  
503977  
503979  
503981  
503983  
503985  
503987  
503989  
503991  
503993  
503995  
503997  
503999  
503001  
503003  
503005  
503007  
503009  
503011  
503013  
503015  
503017  
503019  
503021  
503023  
503025  
503027  
503029  
503031  
503033  
503035  
503037  
503039  
503041  
503043  
503045  
503047  
503049  
503051  
503053  
503055  
503057  
503059  
503061  
503063  
503065  
503067  
503069  
503071  
503073  
503075  
503077  
503079  
503081  
503083  
503085  
503087  
503089  
503091  
503093  
503095  
503097  
503099  
503101  
503103  
503105  
503107  
503109  
503111  
503113  
503115  
503117  
503119  
503121  
503123  
503125  
503127  
503129  
503131  
503133  
503135  
503137  
503139  
503141  
503143  
503145  
503147  
503149  
503151  
503153  
503155  
503157  
503159  
503161  
503163  
503165  
503167  
503169  
503171  
503173  
503175  
503177  
503179  
503181  
503183  
503185  
503187  
503189  
503191  
503193  
503195  
503197  
503199  
503201  
503203  
503205  
503207  
503209  
503211  
503213  
503215  
503217  
503219  
503221  
503223  
503225  
503227  
503229  
503231  
503233  
503235  
503237  
503239  
503241  
503243  
503245  
503247  
503249  
503