

NUTRITION INFORMATION				
Typical values:	Per 100ml	%RI*	Per 5ml	%RI*
Energy	3515kJ 855kcal	41.8	175.8kJ 42.8kcal	2.1
Total Fat	95g	135.7	4.75g	6.8
of which:				
- Saturates	8g	40	0.4g	2
- Monounsaturates	24g		1.2g	
- Polyunsaturates	63g		3.15g	
Carbohydrates	0g	0	0g	0
of which:				
- 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 Linonleic 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.

Vegan

200ml

HIGHER NATURE®

**Ω OMEGA
EXCELLENCE**

Organic Cold Pressed Walnut Oil

Light oil with distinctive nutty taste
Rich in healthy omegas



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.highernature.com



GB-ORG-04
Non EU Agriculture

200ml
OEWO200
105



OEWO-351-01

