

1.800.446.2110
www.florahealth.com



LOT:
BEST BEFORE:
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Flora's Sesame Oil is pressed from certified organic sesame seeds (third-party certification). It is cold-pressed in small batches, in a state-of-the-art, low-heat, light- and oxygen-free environment, then nitrogen-flushed to maintain optimum freshness and prevent oxidation when bottled. For over 4,000 years, sesame seeds have been known as a source of food oil in many Asian countries. Today, sesame seed oil has gained widespread popularity in North America for its mild taste and high smoke point. Flora's unrefined Sesame Oil has been Non-GMO Project Verified in order to provide you with the safest, best tasting oil possible.



Pure Premium Oil

Certified Organic Sesame Oil

Cold-Pressed & Unrefined Fresh from the Press



8.5 FL. OZ.
(250 mL)



Nutrition Facts	
About 16 servings per container	
Serving size 1 Tbsp. (15 mL)	
Amount per serving	
Calories	120
	%DV*
Total Fat 14 g	18%
Saturated Fat 2 g	10%
Trans Fat 0 g	
Polyunsaturated Fat 6 g	
Monounsaturated Fat 5 g	
Sodium 0 mg	0%
Total Carbohydrate 0 g	0%
Protein 0 g	
Not a significant source of cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron and potassium.	
*%DV = % Daily Value	

INGREDIENTS: Organic sesame oil. Nitrogen-flushed to maintain freshness.

MANUFACTURED BY:
FLORA, INC.,
805 E. BADGER RD.
LYNDEN, WA 98264
1.800.446.2110
CERTIFIED ORGANIC BY QAI
67930-R07



SUGGESTED USE: Flora's Sesame Oil can be used for stir-frying and sautéing. It also adds a delicious light flavor to salad dressings. **FOR OPTIMUM FRESHNESS, KEEP REFRIGERATED** and use within 4 months after opening. Security sealed for your protection. Do not use if seal is missing or damaged.

ESSENTIAL FATTY ACIDS PER SERVING	
Omega-3 (Linolenic)	0 g
Omega-6 (Linoleic)	6 g
Omega-9 (Oleic)	5 g