

Article number: 5004

**Physical properties:** Dark red-brown, oily liquid with its typical seed aroma.

**Relative density:** At 20 °C approx. 0.920 g/cm<sup>3</sup>.

**Main ingredients:** Unsaturated fatty acids – mainly linoleic acid (C18:2) approx. 49%, oleic acid (C18:1) approx. 33%, and palmitic acid (C16:0) approx. 11%, vitamins (vitamin E: 80–600 mg/kg), phytosterol, lecithin, organically bound zinc.

This oil can be well used in healthy cooking. It tastes like roasted nuts; it is excellent in salads, and in savoury or sweet dishes. It contains antioxidants; it is especially appreciated for its high content of zinc, unsaturated fatty acids and iodine. It can support the regeneration of cells and thus slow down the aging process. It helps with skin problems; affects positively the memory and concentration, reduces the nervousness, helps with stomach problems and it has anti-inflammatory effects. It is recommended to support the immune system and to reduce cholesterol. It is also suitable for regenerating damaged hair and nails. Thanks to its high content of iodine, it affects positively the function of the thyroid gland and the hormonal system.

**Non-dietary use:** It is rarely added to cosmetic and massage preparations. It calms and smoothes the skin, contributing to its regeneration. It is useful as a basis for hair packs against hair loss. It is applied to nail beds to help with brittle nails and to treat dry and sensitive skin. More often it is used for culinary purposes.

**INCI:** Cucurbita pepo Seed Oil

**Storage:** The stated expiry date can be substantially extended by keeping the product in a dark and cold place (ideally in a fridge at 6–10 °C).

Best before the date indicated on the packaging. Batch number and volume are indicated on the packaging.

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