

Article number: 5002

Physical properties: Yellow-green, oily liquid with its typical pleasant smell.

Freezing point: Approx. +8 °C.

Relative density: At 20 °C approx. 0.915 g/cm³.

Main ingredients: Unsaturated fatty acids – mainly oleic acid (C18:1) approx. 56%, palmitic acid (C16:0) approx. 20%, linoleic acid (C18:2) approx. 13%, palmitoleic acid (C16:1) approx. 10%, and linolenic acid (18:3) approx. 1%, vitamins A, B, D, E, carotenoids, phytosterols, and lecithin

This oil is suitable for everyday use, both for cold and warm meals. It has the same use as olive oil; it doesn't change the taste of the food. It is rich in antioxidants and unsaturated fatty acids; it supports the reduction of harmful cholesterol in blood. It can help with treating cancer or cardiovascular diseases. It supports the treatment of diabetes and prostate problems. It is recommended in case of constipation and in weight-loss diets.

Non-dietary use: This oil protects the skin from losing moisture and becoming coarse during freezing and other adverse conditions. Thanks to a high concentration of unsaponifiables (approx. 6%), it helps in regenerating and smoothing the skin. Pure avocado oil has a natural SPF of 2–4. It is suitable for dry, sensitive, inflamed and coarse skin. It is often contained in regenerative and massage preparations for legs. It works well in facial masks. It is an effective part of massage products for relaxing stiff muscles. Its high content of vitamin E allows this oil to be used as a natural stabilizer in cosmetic preparations. It has proved effective in cosmetic products recommended for mature skin, especially for its ability to regenerate skin in times of female hormonal changes. It can be described as thicker and denser oil.

INCI: Persea gratissima 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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