

## Ingredients:

**100% West Australian**

**Extra Virgin Avocado Oil**

## Nutritional Information

Servings per bottle: 16.7

Average Quantity	Per Serving	
	15ml	100ml
Energy (kJ)	617	3447
Protein (g)	0	0
Fat, total (g)	13.7	91.5
Saturated (g)	2	13.4
Trans (g)	0	0
Polyunsaturated (g)	2	13.3
Monounsaturated (g)	9.7	64.8
Carbohydrate (g)	0	0
Sugar (g)	0	0
Sodium (mg)	0	0

Vitamin E (mg) 20% RDI*	2	13.5
Total Phytosterols (mg)	64.2	427.9
Beta Sitosterol (mg)	59.2	394.9

\* Recommended Dietary Intake (Per Serving)

Store in a cool dark place.

Avocado oil may solidify if stored below 7°C.

Fresh is best, look for our batch date. Best consumed within 24 months of opening.

# SOUTHERN FORESTS AVOCADO OIL

## 100% GOLD PRESSED Extra Virgin Avocado Oil



From fresh salads to sizzling stir-fries, avocado oil brings out the best in savoury dishes. Roast vegetables until golden, sear meats, blend into mayonnaise, or simply enjoy with bread. Versatile and flavourful, it performs beautifully at any temperature.

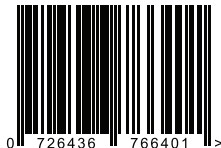
Our oil meets quality and purity standards for Cold Pressed Oils, in accordance with International Food Standards.

Acid Value < 4.0 mg KOH/g oil  
Peroxide Value < 15 mEq O<sub>2</sub>/kg oil  
< Indicates Less Than

Find out more at  
[southernforestsavocadooil.com](http://southernforestsavocadooil.com)



Manufactured in Australia by  
Southern Forests Food Technology  
Lot 28 Rose Street,  
Manjimup, WA, 6258



250ml