

## Ingredients:

**100% West Australian  
Extra Virgin Avocado Oil**

## Nutritional Information

Servings per bottle: 16.7

Average Quantity	Per Serving 15ml	Per 100ml
Energy (kJ)	517	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	13.6
Total Phytosterols (mg)	64.2	427.9
Beta Sisosterol (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% COLD PRESSED Extra Virgin Avocado Oil



250ml

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  
[southernforestsavocadoil.com](http://southernforestsavocadoil.com)



Manufactured in Australia by  
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