



Argan oil

Moroccan cold-pressed, 100 % naturally pure,
from controlled organic cultivation

Argan oil is extracted from the unroasted seeds of the argan tree (*Argania spinosa*), which grows in south-western Morocco, according to the complex Berber tradition. It has made itself an essential component in sophisticated cuisine as a delicious gourmet edible oil. Argan oil consists to approx. 80 % of biologically-active unsaturated fatty acids, in particular linoleic acid and oleic acid, which contribute towards maintaining a normal cholesterol level in the blood (from 10 g linoleic acid/day), which accords with approximately 30 g argan oil). With its typical flavouring, it is particularly suitable for refining salads and hot meals, but can also be consumed on its own (1-3 teaspoons per day). Ideal for external application on dry and flaky skin.

Average nutritional values per 100 g:

Calorific content: 3770 kJ / 900 kcal, fat: 100 g, of these saturated fatty acids: < 20 g, monounsaturated fatty acids: approx. 45 g, of these oleic acid: approx. 43 g, polyunsaturated fatty acids: approx. 40 g, of these linoleic acid: approx. 35 g, carbohydrates: 0 g, protein: 0 g, salt: 0 g

The consumption of argan oil does not replace a varied, balanced diet and a healthy lifestyle.

Please store in a cool, dry place.

Contents 100 ml

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