

Article number: 5010

**Physical properties:** Deep yellow-green, oily liquid with strong, typical olive aroma.

**Freezing point:** Approx. -10 °C.

**Relative density:** At 20 °C approx. 0.913 g/cm<sup>3</sup>.

**Main ingredients:** Unsaturated fatty acids – mainly oleic (C18:1) approx. 77%, palmitic acid (C16:0) approx. 10%, linoleic acid (C18:2) approx. 6%, and linolenic acid (C18:3) approx. 1%, vitamins, lecithin, chlorophyll

This oil is used in cold and warm meals, especially in salads, but also for frying or grilling. Thanks to its high content of monounsaturated fatty acids, it is usually recommended to use when suffering from cardiovascular diseases. It has a high content of vitamin E and therefore it has strong antioxidant effects. It can help to reduce the cholesterol level in blood, stimulate digestion and the lipid metabolism, and support the calcium absorption. It is an excellent food supplement during a weight reduction diet.

**Non-dietary use:** Its strong aroma prevents it from being used more widely. Not even essential oils can override the aroma. Despite this fact, the oil's softening effects on the skin make it unique. It is suitable as a basis for regenerative and massage oils and also for hair packs. In the pharmacy, it is recommended for treating various skin diseases, especially dermatitis and psoriasis, and also the skin irritated by insect stings or bites.

**Note:** Although the specific aroma of olive oil may initially be unpleasant for some, it is something one can easily get accustomed to.

**Warning:** Olive butter, that is available in shops, cannot be regarded as a natural product; it is hydrogenated – chemically-treated –olive oil. This is why it isn't in our catalogue.

**INCI:** Olea europaea Fruit 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.