

# SACHA INCHI EXTRA VIRGIN OIL

*Plukenetia volubilis*

## SPECIFICATIONS SHEET

Eco Ola's Sacha Inchi Oil is cold-pressed from raw Sacha Inchi seeds. It has a perfectly balanced blend of Omega-3, Omega-6 and Omega-9 EFAs, as well as Vitamin A and Vitamin E. There's nothing better for dressing salads, for dipping, or for pouring over rice, potatoes, pasta and quinoa. It has a light, smooth flavor with hints of nuts. Inside or out, this premium oil's benefits are remarkable.

## OUR MISSION

Eco Ola delivers Amazonian Superfoods that are Delicious, Healthy, and Done Right. We maintain the highest standards of excellence in how we grow our food, how we treat our partner farmers, how we interact with the environment, and how we deliver our food to you. Efficiency for us means a better value for our customers. And what's more — we craft our practices to benefit the communities and environment where we farm. Our scalable farming operation and vertical integration insures that we can meet the growing needs of our customers.



# SACHA INCHI EXTRA VIRGIN OIL

## DESCRIPTION

Sacha Inchi (*Plukenetia volubilis*) is a highly nutritious, large seed that grows on vines in the Peruvian Amazon. When shelled and pressed it produces an award-winning oil. Exceptional for its Omega-3, 6 & 9 fatty acid content, it also boasts a favorable ratio of Omega-3 to Omega-6 that separates it from other oils. Rich in Vitamin A and Vitamin E, Sacha Inchi Oil has the perfect properties to augment the typical Western diet.



## RAW MATERIAL

Our oil is obtained from the four-to-seven-lobed fruit of the Sacha Inchi vine. Each lobe contains a seed. After the fruit is picked it is sun dried. After drying, the husks are removed to expose the dark brown seeds. These seeds are carefully shelled and mechanically pressed.



## PACKAGING & STORAGE

The oil is available in food-grade drums up to 240L and glass bottles of 250ml or 500ml.

When stored at 21-degrees Celsius the oil has a shelf-life of 18 months. Sunlight, oxygen exposure, and high temperatures should be avoided to maintain freshness.



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MAILING ADDRESS (PERU):

ECO OLA, SAC - AV.GUARDIA CIVIL, PSJ 2, MZ A, LT 3 - IQUITOS, PERU

# SACHA INCHI EXTRA VIRGIN OIL

## COMPOSITION

### Constitution

Moisture:	<0.01 g/100g
Iodine Index:	<195
Peroxide Index:	<7meq/kg
Acid (expressed in Oleic Acid)	<1g/100g
<b>Calories:</b>	500 kcal/100g

<b>Minerals</b>	<i>mg/100g</i>
Iron:	0.4
Calcium:	3

<b>Vitamins</b>	<i>mg/100g</i>
<b>Vitamin A:</b>	<b>0.67</b>
<b>Vitamin E:</b>	<b>17 µg/100g</b>
Vitamin B3:	0.10
Vitamin B6:	0.01
Vitamin B12:	0.20
Niacin:	0.10
Niacinamide:	0.10

<b>Fatty Acids</b>	<i>% of lipid content</i>
Palmitic Acid:	3.9
Steric Acid:	2.9
<b>Total Saturated:</b>	<b>6.3</b>

<b>Linolenic Acid (Omega-3):</b>	<b>48.2</b>
<b>Linoleic Acid (Omega-6):</b>	<b>36.8</b>
<b>Oleic Acid (Omega-9):</b>	<b>8.7</b>
<b>Total Unsaturated:</b>	<b>93.7</b>

## OVERVIEW

### Characteristics:

<b>Smell</b>	Sweet
<b>Color</b>	Yellowish oil
<b>Taste</b>	Smooth, light nutty flavor
<b>Appearance</b>	Homogenous, uniformly free flowing

### Microbiological Characteristics:

<b>Lipophilic microorganisms</b>	<10 UFC/g
<b>E-coli</b>	Absent
<b>Salmonella</b>	Absent

**Labeling:** Product name, batch code, product code, net weight, gross weight, date of manufacturing, along with storage instructions are printed on the label affixed to each shipping container or bottle.

**Applications:** Sacha Inchi Extra Virgin Oil is perfect for salad dressings, for dipping, or pouring over rice, potatoes, pasta, and quinoa. Topical skin lotion.

**Storage:** Sacha Inchi Extra Virgin Oil should be stored in a dry, cool space out of direct sunlight. Storage at 21-degrees Celsius gives a shelf-life of 18 months.

**Preservatives:** Sacha Inchi Extra Virgin Oil is free from added sugar, added color or preservatives of any class.

**Therapeutic Value:** Oil derived from Sacha Inchi seeds has the ability to fight heart disease, improve depression, relieve arthritis pain, regulate blood sugars, decrease hypertension risks, improve kidney function, combat skin conditions, and help in weight loss.

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