



Soyabean Oil

Characteristics

Rich in polyunsaturated fatty acids OMEGA 3 and OMEGA 6, with vitamins E and B6.

Ingredients

Soya bean oil, Vitamin E acetate, Vitamin B6 dipalmitate.

Dichiarazione nutrizionale
(per 100 g)

ENERGIA:	3700 kJ, 900 kcal
GRASSI:	100 g
di cui acidi grassi saturi:	17 g
CARBOIDRATI:	0 g
di cui zuccheri:	0 g
FIBRE:	0 g
PROTEINE:	0 g
SALE:	0 g

Formati

1000 ml
Glass bottle with drip-free lid

Conservazione

18 months in a cool place, away from the light

Informazioni

As part of a varied, balanced diet and healthy lifestyle:

- Alpha-linolenic acid (*OMEGA 3*) and linolenic acid (*OMEGA 6*) are essential polyunsaturated fatty acids that *help to maintain normal levels of cholesterol in the blood*.
These beneficial effects can be obtained by consuming 10 g of linoleic acid and 2 g of alpha-linolenic acid every day. A dessertspoon (10 g) of Valsoia Oil provides 4.85 g of linoleic acid (48.5% of daily requirement) and 0.55 g of alpha-linolenic acid (27% of daily requirement).
- The oil contains *VITAMIN E* to protect the polyunsaturated fatty acids from oxidation.
- *VITAMIN B6* helps the immune system to function normally.