



## *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)

<b>ENERGIA:</b>	3700 kJ, 900 kcal
<b>GRASSI:</b>	100 g
<i>di cui acidi grassi saturi:</i>	17 g
<b>CARBOIDRATI:</b>	0 g
<i>di cui zuccheri:</i>	0 g
<b>FIBRE:</b>	0 g
<b>PROTEINE:</b>	0 g
<b>SALE:</b>	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.