



Our organic virgin camelina oil comes from the crushing of camelina seeds (*Camelina Sativa*), a small cruciferous plant with yellow flowers, grown in the south-west of France. Camelina is also called "German Sesame" or "Bastard Flax".

This ancient and rustic plant, well adapted to the climatic conditions of the South of France, is often combined with other crops, in order to completely colonize the surface with the associated crop and thus limit the proliferation of weeds. It is therefore an ideal ally for the development of organic agricultural practices.

Botanical species

Camelina Sativa

Agricultural area

South West France

Sourcing type

Agriculture

Cultivation method

Organic

Local Sourcing

Final process area

South West France (Perles de Gascogne)

Part used

Seed

Camelina seeds are harvested at the end of summer, later than the associated crop. They are then stored in a cold room with controlled humidity and CO₂ to protect them from pests and oxidation.

Mode

First Cold Press

Additives

None

Agricultural diversity

The small seeds are then cold pressed, in order to extract a high quality organic virgin camelina oil, rich in Omega 3, extremely interesting, both in nutrition and in cosmetic care.



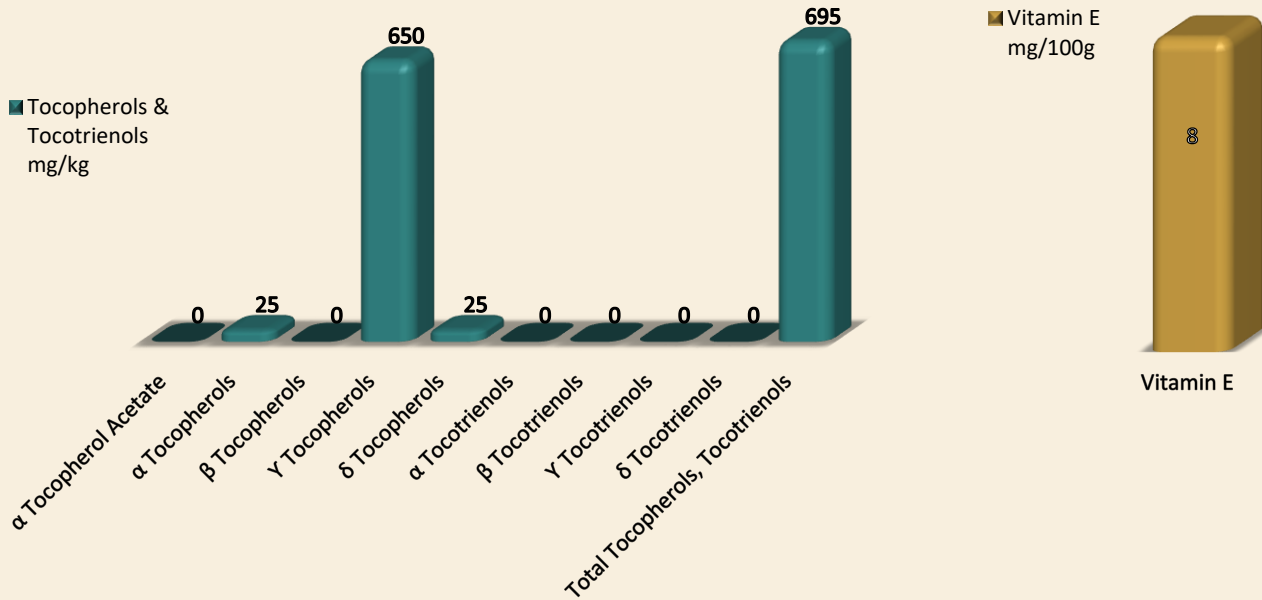
Quality Criteria

Peroxide Index	< 15	meqO2/Kg
Acid Index	< 4	mg KOH/Kg
Saponification Index	180-190	Without

FATTY ACIDS COMPOSITION



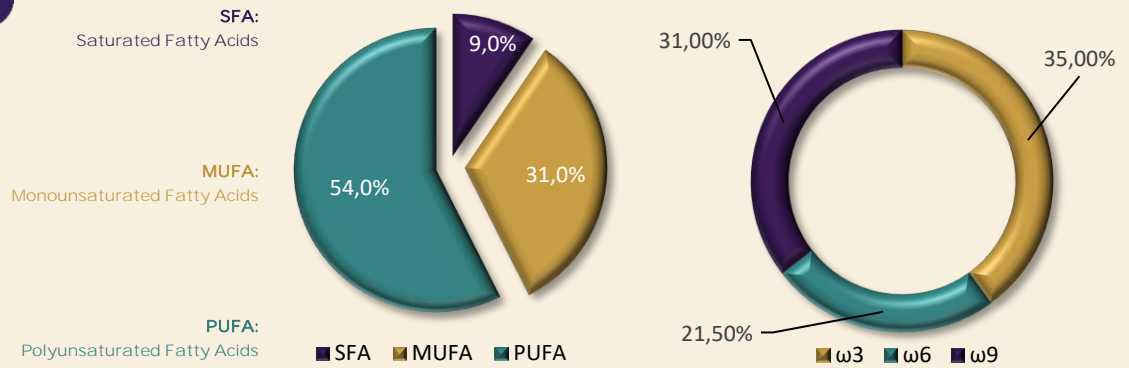
UNSAPONIFIABLE



Rich in Vitamin E (predominant γ tocopherols)

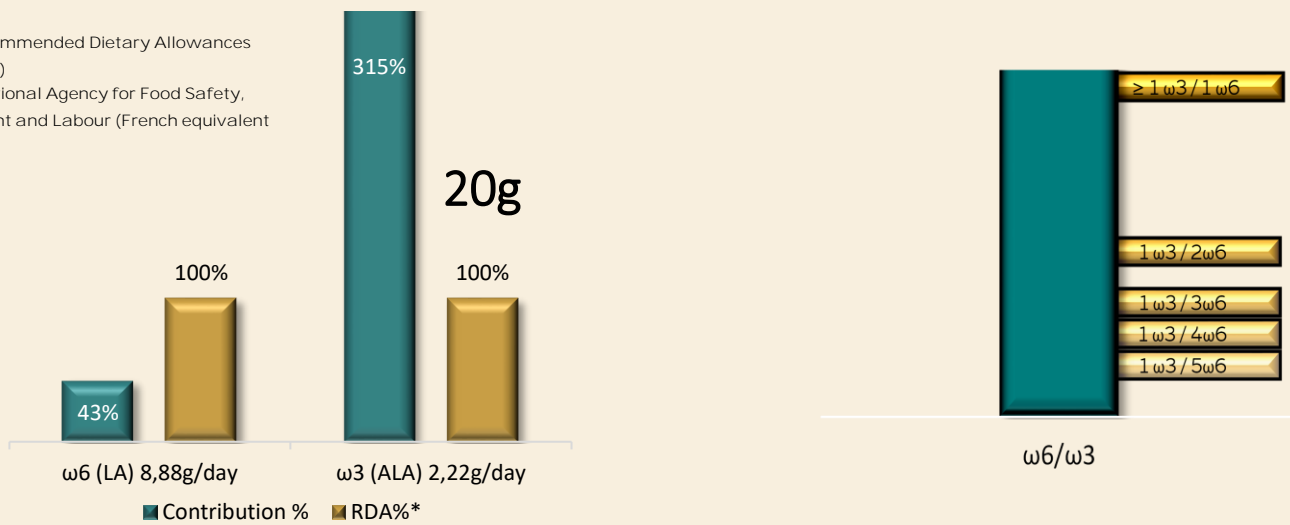
Source of Campesterol and Brassicasterol

Significant amount of squalene (moisturizing and regenerating properties)



Composed mainly of unsaturated fatty acids (MUFA and PUFA), with a majority of polyunsaturated fatty acids. Among these unsaturated fatty acids, an exceptional Omega 3 content

*RDA: Recommended Dietary Allowances (Ref ANSES)
ANSES: National Agency for Food Safety, Environment and Labour (French equivalent of USDA)



Its composition of Omega 3 (ALA) and Omega 6 (LA) ensures with a consumption of 20g (1.5 tablespoons) respectively more than 300% and 43% of the daily requirements for essential fatty acids (EFA). It thus allows a rebalancing of the ω6/ω3 ratio of your total food intake, generally too rich in ω6 and to bring you closer to the optimal (5ω6 for 1ω3)

NUTRITIONAL CLAIMS

Is naturally rich in Vitamin E

Is naturally rich in omega 3 fatty acids

HEALTH CLAIMS

Alpha-linolenic acid (ALA) contributes to the maintenance of normal cholesterol levels. The beneficial effect is obtained by the daily consumption of 2 g of ALA.

Consumption of fats rich in unsaturated fatty acids in the diet as a substitute for fats rich in saturated fatty acids has been shown to lower/reduce blood cholesterol levels. High cholesterol levels are a risk factor for the development of coronary heart disease.

Vitamin E helps protect cells against oxidative stress

ORGANOLEPTIC DESCRIPTION

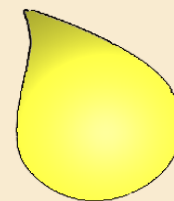


6

Yellow gold with green tints



Group Yellow



Intensity (1 to 10)



5

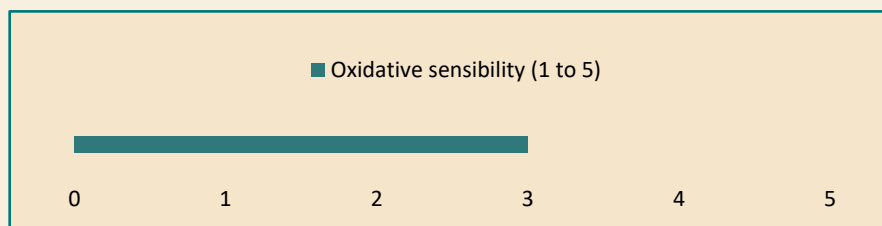
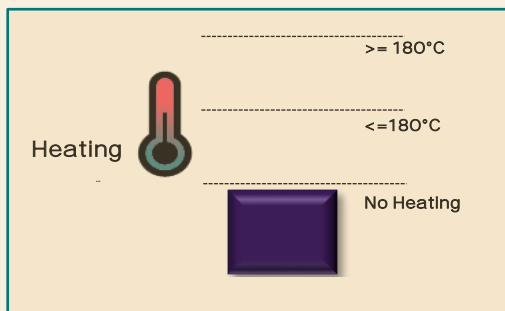
Green and sweet flavor, asparagus, almonds and white flowers



Group Grassy

Intensity (1 to 10)

UTILISATIONS



Store preferably in a cool, dry place and away from light and heat.

To be used cold, as a complement to seasoning raw vegetables or salads.

Can also very pleasantly flavor the entire kitchen from savory dishes, meats to desserts.



I love its very vegetal side! It goes perfectly with steamed fish or salads but also with an apricot dessert. Really surprising.
Chef Vincent LUCAS, Etincelles (24-Ste Sabine-Born)

Many recipes are available on: www.perles-gascogne.com www.perles-gascogne.com

Omega 3

Ratio $\omega 6/\omega 3$

www.perles-gascogne.com

