



Our organic virgin pumpkin seed oil is produced from pumpkin seeds, grown organically in the south-west of France. Pumpkin was brought from the New World in the 16th century, and the pumpkin pips or seeds have been known since that time for their anti-inflammatory and anti-parasitic properties.

Squash, a variety whose seeds have few integuments, are cultivated with the aim of harvesting seeds. They are harvested using specially designed equipment, which allows the seeds to be separated from the pulp in the field, which is left on site and allows an immediate return to the field by limiting organic exports.

Botanical species

Cucurbita Pepo

Agricultural area

South West France

Sourcing type

Agriculture

Cultivation method

Organic

Agricultural diversity

Final process area

South West France (Perles de Gascogne)

Part used

Seed

Mode

First Cold Press

Additives

None

The seeds thus harvested are then washed and dried. A clear resurgence of interest in the consumption of pumpkin seeds in recent years has brought them new success. Our soils and our climate being perfectly compatible with this crop and its new outlets, its development contributes to the agricultural diversification of our countryside.

By product

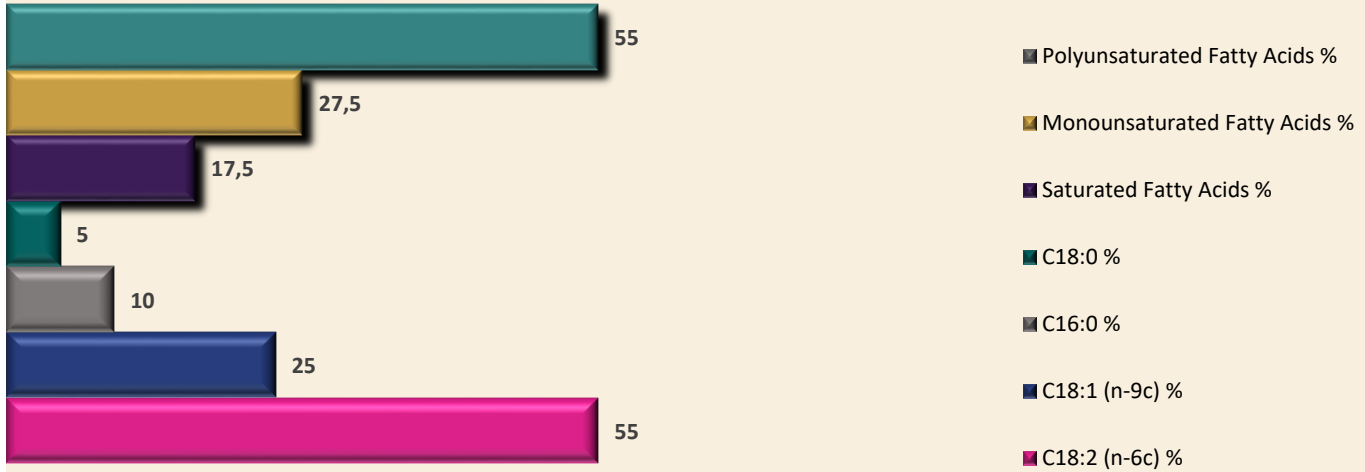
Organic pumpkin seeds are rich in beneficial compounds, including their lipid fraction. This is why we wanted to offer a product that fully fits into our approach. We therefore cold press these seeds to extract an astonishing oil, respecting the organoleptic qualities and the natural beneficial components of the seeds.



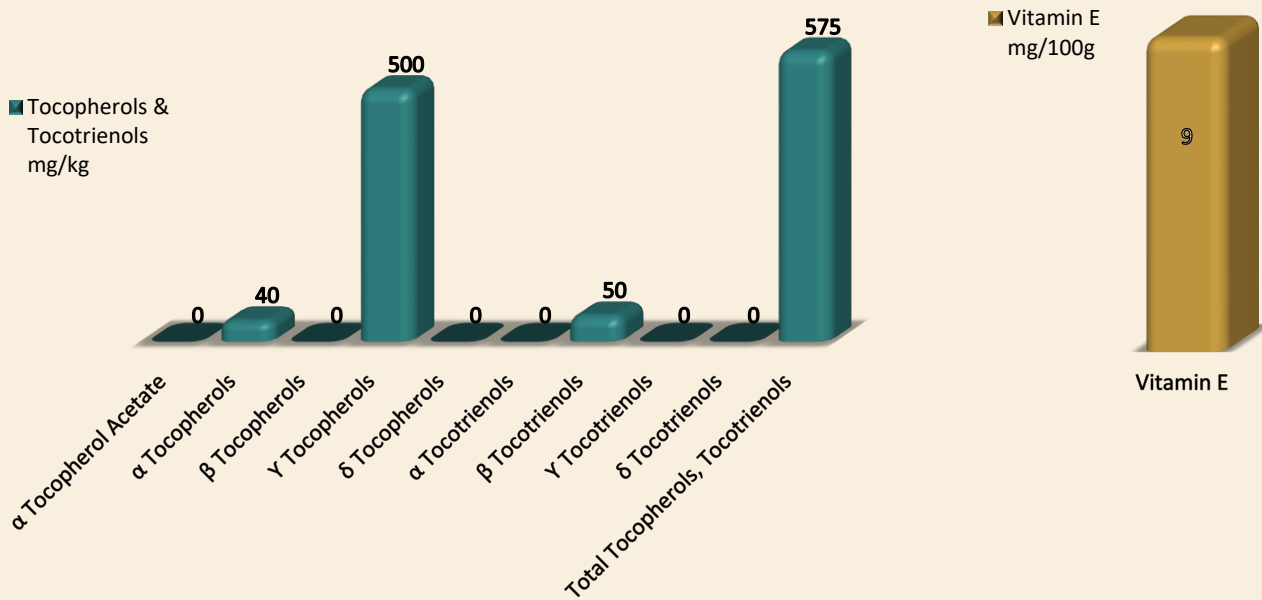
Quality Criteria

Peroxide Index	< 15	meqO2/Kg
Acid Index	< 4	mg KOH/Kg
Saponification Index	185-195	Without

FATTY ACIDS COMPOSITION



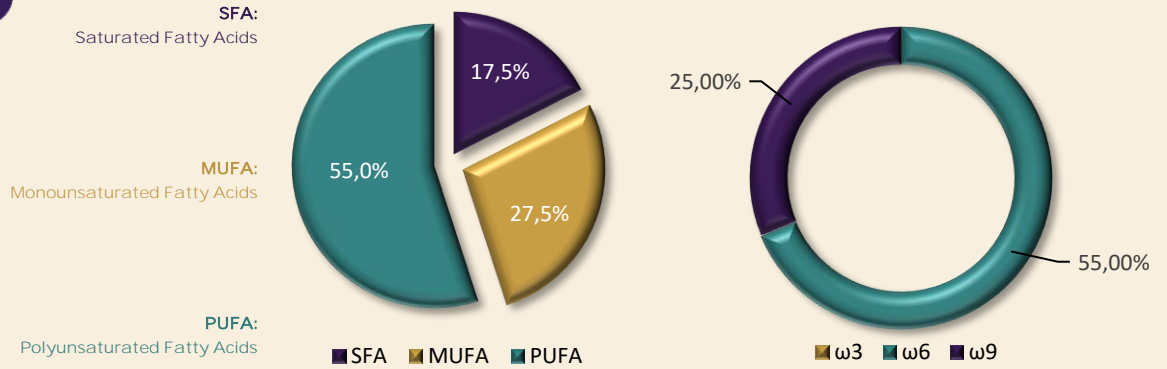
UNSAPONIFIABLE



Rich in Vitamin E (majority gamma tocopherols)

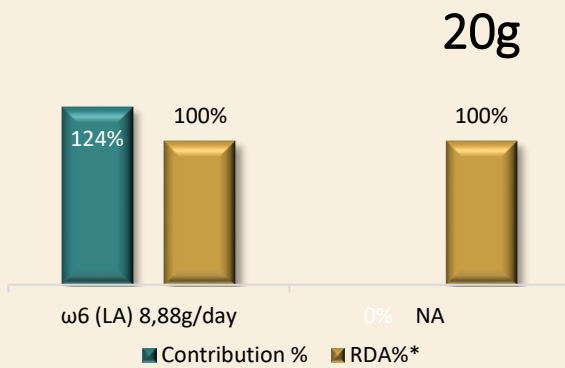
Rich in Beta-Carotene (anti-radical properties)

Also rich in phytosterols and lutein



Mainly composed of linoleic acid (PUFA and ω6), and oleic acid (MUFA and ω9).

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



Composed of 55% linoleic acid (LA), an essential fatty acid (EFA), a consumption of 20g/day (1.5 tablespoons) provides 124% of the daily Omega 6 needs.

NUTRITIONAL CLAIMS

- Is naturally rich in Vitamin E
- Is naturally rich in polyunsaturated fatty acids

HEALTH CLAIMS

Linoleic acid contributes to maintaining normal cholesterol levels. The beneficial effect is obtained by the daily consumption of 10g of linoleic acid.


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

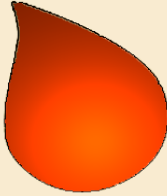


8



Dark green with amber red tints


Group Red



Intensity (1 to 10)



6




Flavor of candied fruit, liquorice, grain

Group Candied fruit

Intensity (1 to 10)

UTILISATIONS


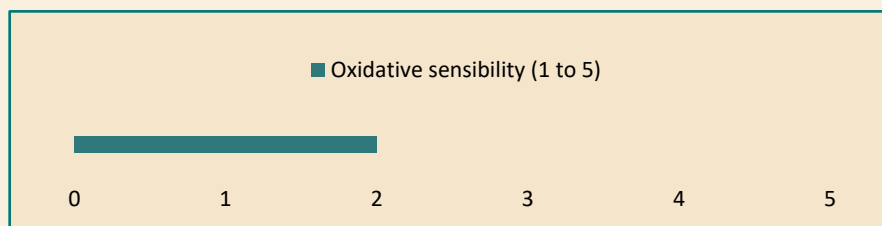


Heating

>= 180°C

<=180°C

No Heating

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.



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

Rich in
phytosterols and
carotenoids

Ideal food
supplement, high
digestive

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