



Virgin organic safflower oil comes from the crushing of the achenes (seeds) of the plant (Carthamus Tinctorius), also called Bastard saffron or false saffron, resembling a thistle.

Safflower, also called dyer's safflower, is one of the oldest cultivated plants, and only survives in the cultivated state. It originated in the Middle East and quickly spread to the ancient world and the Orient. It was mainly exploited for the dyeing properties of its flowers, producing a red pigment used for textiles and a yellow pigment soluble in water used in food. Its oil was also known and appreciated from that time.

Botanical species

Carthamus Tinctorius

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

Originally from arid areas, it requires little water and is very resistant to drought. It has roots on a central pivot which can reach depths of 3 m. Sown in spring, the plant has a short cycle, it is suitable for all types of soil.

Mode

First Cold Press

Additives

None

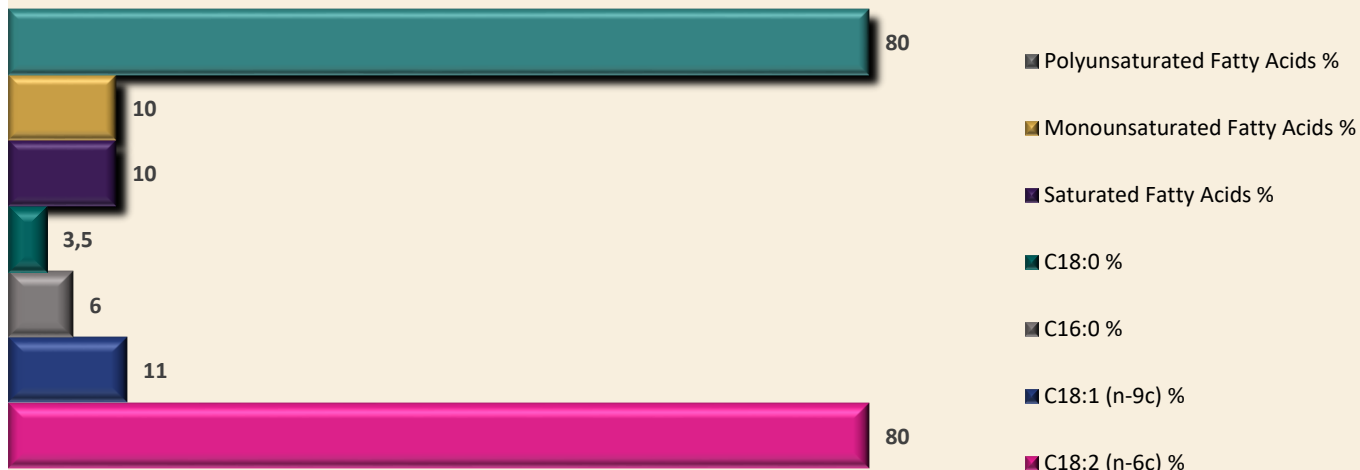
## Agricultural diversity

The seed harvested in August/September is stored, in a cold room and under a controlled atmosphere, waiting to be cold pressed to obtain our organic virgin safflower oil.

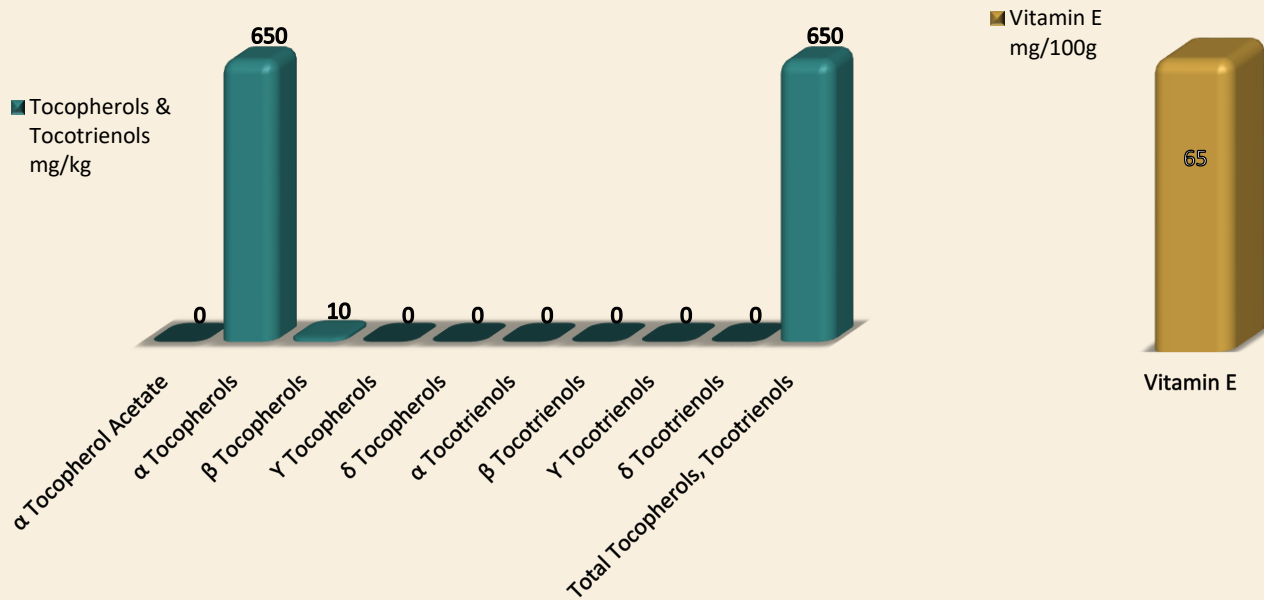


Quality Criteria		
Peroxide Index	< 15	meqO2/Kg
Acid Index	< 4	mg KOH/Kg
Saponification Index	185-200	Without

### FATTY ACIDS COMPOSITION



### UNSAPONIFIABLE



Rich in Vitamin E (majority α tocopherols)

Also rich in phytosterols.

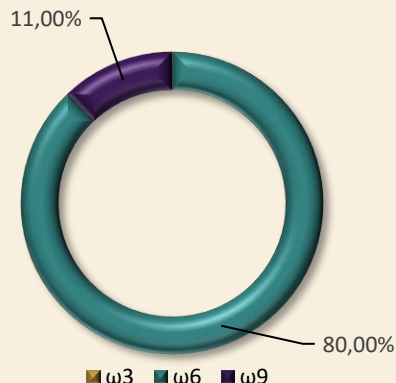
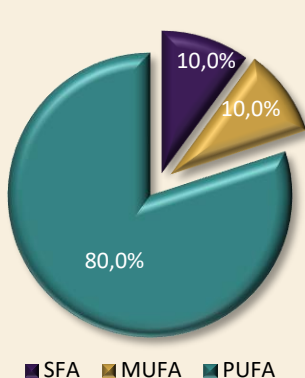
Also contains vitamin K (anti-coagulant activity)



SFA:  
Saturated Fatty Acids

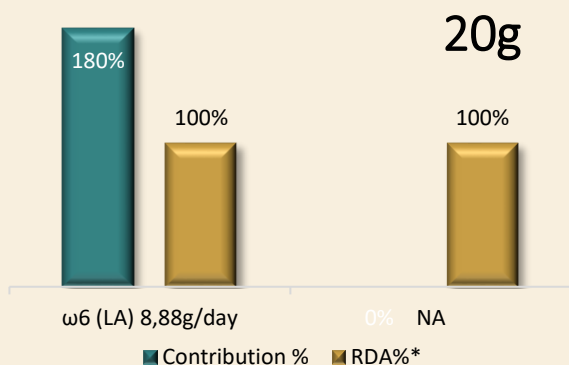
MUFA:  
Monounsaturated Fatty Acids

PUFA:  
Polyunsaturated Fatty Acids



*Composed mainly of polyunsaturated fatty acids (PUFA). Exceptionally rich Omega 6.*

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



*Composed of 80% linoleic acid (LA), essential fatty acid (EFA), a consumption of 20g/day (1.5 tablespoons) ensures 180% of the daily Omega 6 requirements.*

**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 10 g 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**

Yellow Gold, brilliant and warm color

Group      Yellow

Intensity (1 to 10)



**7**

Flavor of cereals, rice and note of hay

Group      Seeds

Intensity (1 to 10)

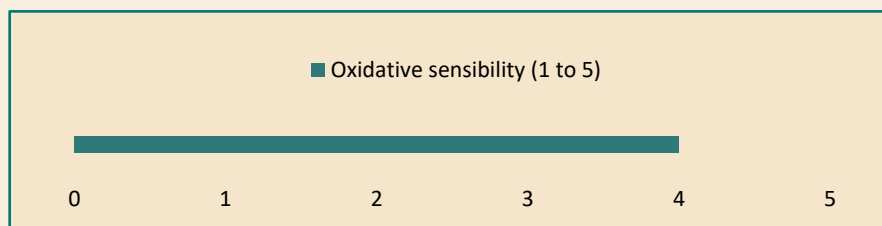
## UTILISATIONS

Heating

$\geq 180^{\circ}\text{C}$

$\leq 180^{\circ}\text{C}$

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](http://www.perles-gascogne.com) [www.perles-gascogne.com](http://www.perles-gascogne.com)

Vitamins E and K

Source of Omega  
6

[www.perles-gascogne.com](http://www.perles-gascogne.com)

