

# Avocado Oil

## EXTRA VIRGIN & REFINED



### The nutritious & delicious oil for cooking & salads

Our Avocado oil comes in two versions, a refined version ideal for cooking or the delicious extra virgin quality that will impress you the first time you have it.

Avocados have quickly become everyone's favorite fruit, with an CAGR rate of 6,2% it is one of the fastest growing raw foods around. It has a healthy image, tastes delicious and consumers have discovered how to use it in a variety of dishes. The number of consumers that have discovered avocado oil, however, is very limited. At least in Europe!

The extra virgin oil is made in a reproducible way, where near infrared (NIR) techniques are used to detect the optimal fruit ripeness for extraction. The EV oil is made from the flesh only, the refined from the whole fruit.



The fatty acid spectrum of avocado oil shows great resembles to that of olive oil, but avocado has more Omega 7 fatty acids. These Omega 7 fatty acids have become of interest lately as researchers have linked them to induced satiety!

*Official EU health claims are allowed, contact us for more information*

Avocado oil is available in bulk and private label formulations fitting your needs. It is often used a cooking oil or as a salad dressing.

Guaranteed safety, quality and consistency by your trusted supplier Lus Health ingredients. Find out more at [lusingredients.com](http://lusingredients.com) or email us at [info@lusingredients.com](mailto:info@lusingredients.com)

### PRODUCT CHARACTERISTICS



#### CONSUMER LOVE

Avocados have a great reputation with consumers as being providers of healthy fats.



#### MARKET GROWTH

The year-over-year growth of avocado consumption is enormous and the oil is the next big thing!



#### COOKING & SALAD

Avocado oil has similar applications as olive oil, high in oleic acid, stable for cooking (refined) or delicious in a salad (EV).



#### PRIVATE LABEL

Avocado oil is available in bulk as well as private label.

Ask for the possibilities.



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HEALTH INGREDIENTS