



# Sacha Inchi Oil

Sacha Inchi Oil is 100% extra virgin seed oil, cold pressed from Sacha Inchi (*Plukenetia Volubilis*) seeds native to the Amazon rainforest and consumed since pre Inca civilizations. Sacha Inchi Oil provides an ideal balance between Omega 3, 6 and 9, essential fatty acids (EFAs) for a healthy cardiovascular, nervous, immune and metabolic system.\*

Given its natural content of antioxidants, it is naturally more stable than other vegetable oils rich in Omega-3.

Through many generations, Amazonian communities have used Sacha Inchi seeds and oil in their foods and applied on their skin.

Use daily, drizzled over salads, soups, sandwiches, pasta, juices and any other cold or warm dish. Avoid cooking to fully enjoy its pleasant flavor and multiple properties.

- Omega 3 (48%),  
Omega 6 (33%),  
Omega 9 (9%)
- Vegan
- Gluten free

## Nutrition Facts

Serving Size: 1 Tbsp (14g)

Amount Per Serving

**Calories** 124    **Fat Calories** 124

**% Daily Value\***

**Total Fat** 14 g    **22%**

Saturated Fat 1 g    **5%**

Trans Fat 0 g

Polyunsaturated 11.5 g

Omega 6 4.6 g

Omega 3 6.9 g

Monounsaturated 1.5 g

**Cholesterol** 0 mg    **0%**

**Sodium** 0 mg    **0%**

**Total Carbohydrate** 0 g    **0%**

**Proteins** 0 g    **0%**



Available in bulk and packaged.

\* The statements contained in this document have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



**Amazon Health Products**