

Omega 3 and Omega 6 fatty acids

Omega 3 fatty acids are necessary for growth and development and also for body functions and health maintenance in all phases of life. The body cannot «build» these fats by itself, so that it is necessary to take these regularly as an additive to nourishment. Omega 3 fats are not present in sufficient amounts in the populace! For this reason, the fat intake, i.e. the selection and amount of the fats and oils consumed with daily nourishment, are absolutely decisive.

Researchers recommend a daily intake of at least 1 – 1.33g Omega 3 fats.

A genuine alternative is therefore VitaÖl® with its particularly high content of Omega 3 and Omega 6 fatty acids. The fine butter-like flavour of VitaÖl® also conveys a taste to foods «as though they were prepared with butter».

For pastries, substitute VitaÖl® for butter/margarine!

Butter/Margarine equivalents in VitaÖl®

| Bread | | Pastries | |
|--------|------------|----------|------------|
| Butter | VitaÖl® | Butter | VitaÖl® |
| 20g | 10ml (9g) | 20g | 15ml (14g) |
| 30g | 15ml (14g) | 30g | 23ml (21g) |
| 40g | 20ml (18g) | 40g | 30ml (28g) |
| 50g | 25ml (23g) | 50g | 38ml (34g) |



VitaÖl® – The rapeseed oil and linseed oil (EU) preparation from Switzerland with the fine taste of butter and extra high Omega 3 and Omega 6 fatty acid contents

VitaÖl® tastes and smells like fresh butter, but is entirely plant-based. With a smoke point of 220°, VitaÖl® is very resistant to heat and universally suited to both warm and cold foods. Contrary to butter, VitaÖl® contains no water and its consumption is therefore very efficient and economical. Because it incorporates much less fat, VitaÖl® is an ideal alternative to butter and margarine. A further plus: VitaÖl® is non-perishable for 365 days.

After opening, store in the refrigerator!

Due to the 19 % linseed oil content, VitaÖl® has a particularly high Omega 3 fatty acid content of 16g per 100g and Omega 6 fatty acid content of 17g per 100g. Characteristic is also the balanced ratio of Omega 6 to Omega 3 fatty acid of nearly 1:1. VitaÖl® as a source of fats is therefore virtually predestined for anti-inflammatory nourishment. VitaÖl® contains no preservatives and no unhealthy hardened fats.

Sales in Switzerland:
VitaÖl® by Pharmaprofi AG
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8880 Walenstadt
www.vitaoel.ch

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Available from:

VitaÖl®

Lactose-free
Table salt-free

Lactoprotein-free
cholesterol-free

Gluten-free

Rapeseed oil – linseed oil preparation

- Fine butter taste
- Particularly high Omega 3 fatty acid content of 16% and Omega 6 fatty acid content of 17%



Product data

The VitaÖl® rapeseed oil – linseed oil preparation is a Swiss rapeseed oil. The addition of linseed oil (EU, 19%) further enhances the nutritional value. The rapeseed and linseed are of course not genetically manipulated.

Ingredients:

Rapeseed oil (CH), linseed oil (EU19%), antioxidant (tocopherol-rich extracts, citric acid), natural flavouring, Vitamin E (E 306).

Nutritional value per 100 g:

| | |
|---|---------------------|
| Caloric value | 3.700 kJ (900 kcal) |
| Fat | 100 g |
| Saturated fatty acids | 7 g |
| Mono-unsaturated fatty acids | 54 g |
| Polyunsaturated fatty acids | 33 g |
| Carbohydrates | 0 g |
| Sugar | 0 g |
| Protein | 0 g |
| Salt | 0 g |
| Vitamin E | 30 mg * |
| * corresponds to 250 % of the recommended daily | |
| Omega 3 fatty acids | 16 g |
| Omega 6 fatty acids | 17 g |

8.5 g VitaÖl® per day already suffice to cover the required Omega 3 fatty acid dose. 8.5 g VitaÖl® contain:

| | |
|---|--------|
| Mono-unsaturated fatty acids | 4,59 g |
| Polyunsaturated fatty acids | 2,81 g |
| including alpha linseed oil (an Omega 3 fatty acid) | 1,36 g |

Recommendation of the German Nutrition Society (DGE):

1.3 g Mega 3 fatty acids per day

VitaÖl® is ideally suited for the preventive treatment / therapy of cardiovascular disease and fat metabolism disorders (lipopathy). Omega 3 and Omega 6 fats are nearly in balance in VitaÖl®, the rapeseed oil – linseed oil preparation is also suited as a source of fat within the scope of anti-inflammatory nutrition.

Tip for vegans: Although VitaÖl® smells and tastes like fresh butter, it is absolutely free of milk constituents. The following link offers recipes for downloading: <http://www.vitaöel.ch>

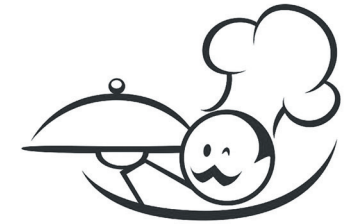
Smoke point (heat resistance of fats and oils)

The smoke point is the lowest temperature at which clearly visible smoke evolution begins above a heated oil or fat.

Contrary to the definite instructions for pre-heating the pan or fat in many recipes, for health reasons fats and oils may not be heated to the point at which smoke develops, as this can set acrolein free. The smoke point of a fat depends primarily on the fraction of free fatty acids: the larger this fraction, the lower the smoke point. A fat or oil that has already been heated several times (e.g. for frying) has a higher content of free fatty acids than a «fresh» one. As a rule, native oils have a higher content of free fatty acids than refined oils.

| Product: | Smoke point °C |
|---------------------------------------|----------------|
| VitaÖl® | 220 |
| Peanut oil (refined = hot-pressed) | 230 |
| Peanut oil (unrefined = cold-pressed) | 170 |
| Palm kernel fat | 220 |
| Coconut fat | 185–205 |
| Lard | 121-218 |
| Clarified butter | 200-205 |
| Butter | ca. 175 |
| Most refined oils | >200 |
| Cold-pressed rapeseed oil | 130 - 190 |
| Cold-pressed olive oil | 130 - 180 |
| Soya oil | 213 |
| Sunflower oil (refined) | 210 - 225 |
| Sunflower oil (unrefined) | 107 |
| Sesame seed oil (unrefined) | 177 |
| Mustard seed oil | 254 |
| Thistle oil | 150 |
| Walnut oil (unrefined) | 160 |

Tips for cooking



... For frying

Meat, fish or potatoes simply taste better when fried in VitaÖl®! And this saves up to 75 % fat compared with butter or margarine. Because VitaÖl® contains no milk or water constituents and is also extremely economical.

... For sauces

For sauces, e.g. of Béarnaise or Hollandaise type, VitaÖl® is the ideal fat basis. Prepare the sauce as usual, but use VitaÖl® instead of butter or margarine. Just heat the VitaÖl® and then add. This saves time-consuming melting and separating. There's no danger that your sauce will curdle!

Dose: 45 ml VitaÖl® per egg yolk.

... For steamed vegetables

Trickle VitaÖl® over the vegetable before serving. This not only gives your vegetable a particularly appetising appearance, but also reinforces the taste of the herbs and spices added. The VitaÖl® fat film adheres optimally. No «fat lakes» form under the vegetable.

... For pasta dishes

Just a little VitaÖl® over the drained pasta and your meal already looks like it has been tossed in butter! However, the fine VitaÖl® fatty film does not melt away; it forms an excellent base for adding spices and sauces. Your pasta simply tastes better.

You'll find further tips for cooking with VitaÖl® under www.vitaöel.ch

