

# NATURE'S NECTAR OLIVE POMACE OIL

(EVERY DISH, PURE PERFECTION)

Nature's Nectar Olive Pomace oil is characterized by its high content of omega-9 (oleic acid) and low content of omega-6 (linoleic acid), indeed offers significant health advantages over many other vegetable oils. Nature's Nectar offers a versatile and health-conscious choice for kitchen.

Olive pomace oil offers several benefits over other vegetable oils, making it a preferred choice for culinary and nutritional purposes. Here are some key advantages:

- 1. High Heat Stability:** Olive pomace oil has a high smoke point, which means it can withstand higher cooking temperatures without breaking down or producing harmful compounds. This makes it suitable for various cooking methods such as frying, sautéing, and roasting.
- 2. Mild Flavor:** Olive pomace oil has a mild flavor profile, allowing it to enhance the natural taste of ingredients without overpowering them. This makes it versatile for use in a wide range of dishes, from savory to sweet.
- 3. Healthier Fat Profile:** Olive pomace oil contains predominantly monounsaturated fats, particularly oleic acid, which is known for its heart-healthy benefits. Compared to oils high in saturated fats, such as palm oil or coconut oil, olive pomace oil may help reduce the risk of cardiovascular diseases by lowering LDL cholesterol levels.
- 4. Rich in Antioxidants:** Like extra virgin olive oil, olive pomace oil contains antioxidants such as polyphenols, tocopherols, and carotenoids, which have anti-inflammatory and protective effects on cells and tissues. These antioxidants help combat oxidative stress and may reduce the risk of chronic diseases.
- 5. Economical Choice:** Olive pomace oil is often more affordable than extra virgin olive oil, making it a cost-effective option for everyday cooking and food preparation.
- 6. Versatile Culinary Applications:** Olive pomace oil's mild flavor and high heat stability make it suitable for a wide range of culinary applications, including salad dressings, marinades, baking, and deep frying. Its neutral taste allows it to blend well with other ingredients without overpowering the dish.
- 7. Sustainability:** Olive pomace oil is typically produced from the by-products of olive oil extraction, reducing waste and maximizing resource efficiency. By utilizing olive pomace, producers can minimize environmental impact and promote sustainability in the olive oil industry.

## AVAILABLE PACK SIZES:

- 1. 1 Liter Bottle:** Ideal for households or individuals who use olive pomace oil regularly but in moderate quantities. It's convenient for everyday cooking needs and easy to handle and store.

2. **2 Liter Bottle:** Similar to the 1-liter bottle, but provides a larger quantity for those who use olive pomace oil more frequently or have larger households. It offers better value for money compared to purchasing multiple smaller bottles.
3. **5 Liter Bottle:** Suited for consumers who use olive pomace oil in larger quantities or for bulk cooking purposes. It's convenient for households, small restaurants, or catering businesses.
4. **10 Liter Bottle:** Offers even greater value for money for consumers with higher consumption needs. Suitable for larger households, commercial kitchens, or small-scale food production businesses.
5. **25 Liter Bottle:** Designed for commercial use in restaurants, hotels, catering businesses, or food manufacturing facilities. It provides a significant quantity of oil for high-volume cooking requirements.
6. **Bulk 200 Liter Drums:** Intended for industrial or commercial use, such as food processing plants, large-scale food manufacturing, or bulk suppliers. These drums offer the most economical option for businesses with substantial olive pomace oil usage.

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