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CANOLA OIL

(Brassica rapa. L)

Botanic Oil's Canola Oil is cold pressed, whereas mass produced canola oils such as found in grocery store are extracted using heat and chemicals such as hexane. Cold pressing preserves natural antioxidants and nutrients.

Fats are made up of smaller units called fatty acids. Two fatty acids are essential in your diet because you body can't make them. Alpha-linolenic acid (ALA) is an essential omega-3 fatty acid and linoleic acid (LA) is an essential omega-6 fatty acid. Both of these good fatty acids are polyunsaturated. Canola oil is a good source of the ALA omega-3 fatty acid and its ratio of 2:1 of omega-6 to omega-3 is nutritionally ideal.

Omega-3 fatty acids protect against heart attacks and strokes by helping to lower bad cholesterol. Omega-6 fatty acid is important for the brain and essential for the growth and development of infants.

Canola oil contains very high levels of heart-healthy monounsaturated fatty acids too. Monounsaturated fat lowers bad cholesterol (LD) and helps control blood glucose.

This all-purpose oil also has a high smoke point, 440°F, so it is excellent for frying and sautéing. The delicate flavor makes it perfect for dressings and mayonnaise.

For long term storage, please refrigerate.

Fatty Acid Composition	GM/100G
Palmitic Acid	3.5
Oleic Acid	60
Linoleic Acid	20
Alpha Linolenic Acid	10
Saturated Fat	6-8
Monounsaturated fat	14.4
Polyunsaturated Fat	69.3

Physical Properties

Parameter	Value
Relative Density (g/cm ³ , 20°C/water at 20°C)	0.914 - 0.917
Refractive Index (n _D 40°C)	1.465 – 1.467
Crismer Value	67 - 70
Viscosity (Kinematic at 20°C, mm ² /sec)	78.2
Cold Test (15 Hrs at 4°C)	Passed
Smoke Point (°C)	220 – 230
Flash Point, Open Cup (°C)	275 - 290
Specific Heat (J/g at 20°C)	1.910 – 1.916
Thermal Conductivity (W/m ^o K)	0.179 – 0.188