



1540 S. River Street  
Spooner, WI 55801

TEL: 715.635.7513  
FAX: 715.635.7262

[www.BotanicOil.com](http://www.BotanicOil.com)

## **Pumpkin Seed Oil**

### ***From Certified Organic Pumpkin Seed***

Pumpkin seed oil from the Styrian hull less variety, *cucurbita pepo*, is a highly nutritious as well as tasty food oil. Having a somewhat nutty flavor, it has been labeled a “culinary discovery” by gourmet critics. It can be drizzled over a salad or pasta and used as a bread dipping oil. Its color is dark green with a tinge of red.

The health benefits of pumpkin seed oil have been respected in Europe for hundreds of years. It contains Omega 3 and Omega 6 essential fatty acids, Vitamin E, carotenoids, and phytosterols.

Peroxide value <10 meq/kg

ORAC: 110 umoles Trolox equivalents/100g

Fatty Acids

Palmitic acid	6-13%
Stearic acid	3-8%
Oleic acid	20-32%
Linoleic acid	40-57%
Linolenic acid	13%-19%
Saturated Fats	10-20%
Monounsaturated	20-30%
Polyunsaturated	50-60%

Vitamin E 4000ug/100 g

Carotenoids:

Beta carotene	981ug/kg
Lutein	272ug/kg
Zeaxanthin	28.6 ug/kg
Cryptoxanthin	4917 ug/kg