



1540 S. River Street
Spooner, WI 55801

TEL: 715.635.7513
FAX: 715.635.7262

www.BotanicOil.com

Pumpkin Seed Oil

100% Organic

NatureFRESH-Cold Press

Pumpkin seed oil from the 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. At one time in fact, in 1773, an Austrian court ruled that it could only be used as a medicine and was too valuable to be used as a culinary delicacy. It contains Omega-3 and Omega-6 essential fatty acids, Vitamin E, carotinoids, and phytosterols. It is believed to contribute to cardiovascular health, smooth skin and increased energy. Pumpkin seed oil is known to prevent and alleviate prostate hyperplasia (enlargement of prostate) and bladder irritation. Researchers believe the phytosterols help reduce hormonally induced damage to prostate cells.

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