

Evening Primrose Food Oil 125 ml

EAN: 8410885071187 FABRICANTE: MARNYS



MARNYS® Evening Primrose Oil is the vegetable oil with the most Omega-6, 100% natural, and obtained by cold pressing the seeds of *Oenothera biennis*. Ideal as a food supplement and to add to salads, soups, dressings, etc. It is also recommended for external use.

DESCRIPTION

What is Evening Primrose Food Oil and what is it for?

MARNYS® Evening Primrose Oil is a completely natural, high-quality vegetable oil according to the standards of the European Pharmacopoeia (Ph Eur). It is obtained through a process of cold pressing the seeds of the *Oenothera biennis* plant, also known as Evening Primrose, native to America. This oil is widely valued for its content of essential fatty acids from the Omega-6 family, such as linoleic acid and gamma linolenic acid or GLA.

MARNYS® Evening Primrose Food Oil contains a minimum of 68% linoleic acid and 10% GLA, which are beneficial components for health. In addition, it includes natural vitamin E, which has antioxidant properties and helps protect cells from oxidative damage, according to EFSA studies.

It is important to note that the process of obtaining this oil does not involve high temperatures or the use of organic solvents, since it is extracted by gentle mechanical cold pressing.

This product is suitable for vegans and its consumption raw is recommended, since it is not suitable for cooking. It can be used as an accompaniment to various foods, for example, adding a tablespoon to salads, vegetable stews or vegetable broths, being a healthy and nutritious option.

What are the ingredients of Evening Primrose Food Oil?

Evening primrose oil and vitamin E.

How is Evening Primrose Food Oil used?

Ideal as a food supplement and to add to salads, soups, dressings, etc. It is also recommended for external use.

