

## Wheat Germ Food Oil 125 ml

EAN: 8410885071170 FABRICANTE: MARNYS



MARNYS® Wheat Germ Food Oil is rich in Omega 6 and Omega 9 fatty acids, with high levels of vitamin E. Its use is recommended raw for salads, soups and dressings. Wheat Germ is a valuable source of proteins, fats and B vitamins, used in food, pharmaceuticals and for biological purposes.

### DESCRIPTION

#### What is Wheat Germ Food Oil and what is it for?

MARNYS® Wheat Germ Food Oil is obtained by cold pressing the small embryo found inside the wheat grain (*Triticum aestivum*). This extraction method ensures that all its properties are kept in their optimal state.

The oil contains a beneficial combination of Omega 6 and Omega 9 fatty acids. Specifically, its content ranges between 52% and 59% linoleic acid (Omega 6) and between 12% and 23% oleic acid (Omega 9).

Wheat Germ is a relatively rich source of protein, fat and group B vitamins. In addition, the oil extracted from Wheat Germ stands out for its exceptional tocopherol (vitamin E) content, being the vegetable oil with the highest amount, reaching about 2,500 mg/kg. It also contains a high proportion of  $\alpha$ -tocopherol, representing about 60% of the total.

Wheat Germ is the embryo of the wheat grain and is separated during the milling process. This component finds various applications in food, pharmaceuticals and other biological purposes due to its valuable nutritional properties and health benefits.

#### What is the composition of Wheat Germ Food Oil?

Wheat germ oil (*Triticum aestivum*).

#### How is Wheat Germ Food Oil used?

MARNYS® Wheat Germ Food Oil has an attractive golden color with a slight shade of brown, and stands out for its pleasant taste and aroma of cereals. It is important to note that this oil is not suitable for cooking, so it is recommended to consume it raw.

It is ideal to incorporate into salads, soups, sauces or dressings, as it enhances the flavor of food and adds a nutritious touch. Its use in cold preparations allows you to fully enjoy all the beneficial properties offered



## Wheat Germ Food Oil 125 ml

**EAN:** 8410885071170    **FABRICANTE:** MARNYS



---

by Wheat Germ oil.

Add 1 tablespoon, 2-3 times a day, before meals or added to prepared dishes. Shake well before use.

