



WHAT YOUR COOKING HAS BEEN MISSING  
WHOLE OMEGA CULINARY OIL



When it comes to cooking, Camelina Oil has a light, earthy flavor that makes it perfect for cooking oil as well as for baking, making salad dressings, sauces, dips, and much more. Unlike many other oils, it doesn't gel or solidify so it can also be a great base for dressings or marinades.

Camelina Oil is a suitable replacement for any other vegetable oil or seed oil you might otherwise cook with or use day-to-day. Camelina oil has a light earthy and nutty tone. It appeals to many for its especially high smoke point of 475°F Camelina Oil is rich in omega-3 fatty acids and unsaturated fatty acids, making it a heart-healthy edible oil. It is high in monounsaturated and polyunsaturated fats, which can help reduce the risk of heart disease and improve cholesterol levels. It also contains antioxidants and vitamin E, which are good for skin and hair health.

In comparison to other oils such as Olive Oil, Grapeseed Oil, Avocado Oil, and Coconut Oil, Camelina Oil has the most ideal ratio of essential fatty acids. The arguably most common and well-known oil, Olive Oil, can not compete with Camelina Oil's smoke point which is much higher than Olive Oil's, making it a healthier, more ideal oil for cooking on high heat. Additionally, Camelina Oil's shelf life is much higher than most other expeller pressed oils. Camelina Oil is very similar to Flax Oil in appearance and properties but it has a more stable shelf life. Store it in a cool, dry place. Refrigeration is not necessary. Michael Lam MD, MPH, Justin Lam ABAAHP. FMNM said most people have not heard of Camelina Oil, it's their loss.