



AVOCADO OIL



HIGH HEAT



FIRST COLD
PRESSED

CENTRIFUGE
EXTRACTED

PALEO
APPROVED

16.9 FL OZ (500 mL)

- ✔ **FIRST COLD PRESSED**
Always first pressed, not second or third.
- ✔ **HIGH IN MONOUNSATURATED**
Plant-based fat.
- ✔ **HEAT & LIGHT STABLE**
We protect our avocado oil in dark glass.
- ✔ **DELICIOUS MILD, NUTTY FLAVOR**
Perfect for all your cooking, drizzling and dressing needs.

Handcrafted from the soft green flesh of avocados, our avocado oil is cold pressed and centrifuge extracted in order to preserve the true properties of the oil: antioxidants, vitamin E and monounsaturated fats including oleic acid. With a buttery, mild nutty flavor, our avocado oil is perfect for all your cooking, drizzling and dressing needs!



MARK SISSON
Founder, PRIMAL KITCHEN®
Author of *The Primal Blueprint*
and *MarksDailyApple.com*

INGREDIENTS: 100% Avocado Oil

Nutrition Facts Serv. Size: 1 Tbsp (14g),
Servings: 33, Amount Per Serving: **Calories** 124,
Fat Cal. 124, **Total Fat** 14g (22% DV), Sat. Fat 2g
(8% DV), Monounsat. Fat 10g, Cholest. 0mg (0% DV),
Sodium 0mg (0% DV), Not a significant source of
Trans Fat, Total Carbohydrates, Fiber, Sugar, Protein,
Vitamin A, Vitamin C, Calcium and Iron. Percent Daily
Values (DV) are based on a 2,000 calorie diet.

Distributed by: Primal Nutrition, LLC
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primalkitchen.com

