



WALNUT OIL

(Cold Pressed)

Walnut Oil is a premium oil with a balanced essential fatty acid profile and refined nutty flavor

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Sourcing & Processing

- Sourced from high-quality walnuts
- Cold-pressed to retain delicate fatty acids
- Carefully filtered to preserve clarity and nutrients
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Nutritional & Functional Composition

- PUFA ~65%
- Contains Omega-3 and Omega-6 fatty acids
- Moderate MUFA (~18%)

Benefits

- Supports balanced lipid nutrition
- Contributes to cardiovascular-friendly diets
- Provides essential fatty acids for metabolic functions

Applications

- Gourmet finishing oil
- Salad dressings
- Functional nutrition blends
- Baking
- Apply to hairs & skin for hydration & nourishment



When to take

- On an empty stomach in the morning to aid digestion
- Improves fat-soluble vitamin absorption from food while taken during meals
- Consuming before sleep helps relax due to omega-3 content

Other Usages

- Polish wooden furniture
- Maintains suppleness of leather products
- Used in soaps & lotions for its moisturizing properties
- Aromatherapy or massage

Storage Instructions

- Store in cool, dark place
- Refrigeration is recommended for cold-pressed oils to prevent rancidity
- Use within 6 months after opening
- Seal the bottle tightly after each use

Uniqueness

Combines functional nutrition + gourmet positioning, making it ideal for premium food markets

NUTRITIONAL INFORMATION - WALNUT OIL, 100ml

Serving Size, 10ml

10 serves per container

Parameters	Per 100ml	Per Serve (10ml)	%RDA Per Serve
Energy, Kcal	828.0	82.8	4%
Carbohydrates, g	0.00	0.0	-
Total Sugar, g	0.00	0.0	-
Added Sugar, g	0.00	0.0	-
Dietary Fiber, g	0.00	0.0	-
Protein, g	0.00	0.0	-
Fat, g	92.00	9.2	14%
Saturated fat, g	8.60	0.9	4%
Trans fat, g	0.00	0.0	0%
Polyunsaturated Fatty Acids (PUFA), g	65.00	6.5	-
Monounsaturated Fatty Acids (MUFA), g	18.00	1.8	-
Sodium, mg	0.00	0.0	0%
Cholesterol, mg	0.00	0.0	-

*Approximate values

*Recommended Dietary Allowance calculated on the basis of 2000 kcal