

Sacha inchi Oil 印加果油

产品名称：印加果油

英文名：Sacha inchi oil

拉丁名：Plukenetia vloubilis

产地：瑞士，原料来自秘鲁

萃取：冷压

规格：350ml / 200ml

保质期：18个月

包装：陶瓷瓶分装

介绍：原生于秘鲁的亚马逊雨林，是当地原住民的重要粮食，已于当地种植好几世纪了。植物油油种子冷压获得，不饱和脂肪酸的含量高达93%。其中 α -次亚麻油酸又占了一半以上，另外也含有维生素E, A。口服印加果油可以提高免疫力，降低胆固醇，预防心血管疾病和糖尿病、降低腹部脂肪、增加智力以及还能抗忧郁情绪和抗发炎。

外敷功效：保湿，抗衰老，细致肌肤，由于其质地清爽好吸收，同时也适合敏感肌肤以及干燥肌肤使用。

Swiss bio



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The Sacha Inchi oil is extracted from cold-pressed seeds and is an **first-class oil**. It tastes great and has a very high proportion of the essential fatty acid alpha-linolenic acid and linoleic acid. For the daily requirement of these Omega fatty acids is sufficient **1 teaspoon!** It also has a high content of **vitamin E**. This oil is extremely resistant to oxidation. The shelf life is 18 months (compared with linseed oil: 2 months). It has about **47% of very high proportion of alpha-linolenic acid (ALA) and linoleic acid content of about 35%**. Both acids help maintain **a healthy cholesterol level** in the blood. Alpha-linolenic acid also serves as a base substance for the construction of the essential unsaturated fatty acids **EPA and DHA**. EPA and DHA are necessary for the development of cell membranes and for the **development of the brain**. In contrast to omega-6 oils such as heavy consumption of sunflower, soybean or corn oil Sacha Inchi provides a very harmonious relationship between the three omega fatty acids (3, 6 and 9). No wonder that Sacha Inchi oil **is often referred to as the best edible oil in the world!**

The Sacha Inchi oil should be preferred in all cases to the fish oil (overfishing, fish oil is refined, contains partly saturated fatty acids, etc.).

Sacha Inchi oil is suitable for cold dishes. The heating of the oil is to be avoided.

Comparison Sacha Inchi with other edible oils Sacha Inchi oil is the vegetable source with the world's **most unsaturated fatty acids with a content of about 93%**. No other oil has made a more balanced mixture of healthy omega fatty acids. It also has the lowest saturated fat content of about 6%.

Why is Sacha Inchi better than linseed oil or fish oil?

	Sacha Inchi	Linseed Oil	Fish Oil
High content of vitamin E / resistant to oxidation	✓	-	-
optimal balance Omega 3-6-9	✓	-	-
Vegan	✓	✓	-
easily digestible	✓	-	-
tastes great	✓	-	-
Ecologically compatible production	✓	-	-

Sacha Inchi has a very harmonious relationship between the three **omega fatty acids (3, 6 and 9)**, as the following diagram illustrates:

Nutrients	Sacha Inchi	Olive	Rape	Thistle	Sunflower	Peanut	Soy	Corn
Omega 3	48%	0%	9%	0%	0%	0%	8%	1%
Omega 6	37%	9%	20%	76%	60%	24%	55%	58%
Omega 9	8%	76%	65%	13%	30%	58%	0%	0%
Various	7%	15%	6%	11%	10%	18%	37%	41%

