



(Camelina sativa)

CAMELINA

THE SUPER CULINARY OIL

Camelina sativa, also known in English as Camelina, Gold of Pleasure, or Wild Flax, is an ancient oilseed originating in Northern Europe that is grown on the sprawling prairies of Saskatchewan.

WHAT MAKES CAMELINA OIL SO GREAT?

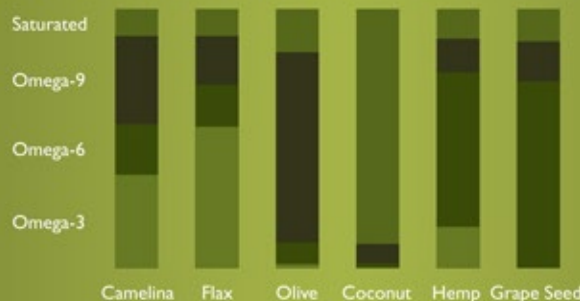
It starts at the beginning. The camelina seeds are expeller cold-pressed (mechanically squeezed) at temperatures less than 40°C, with no solvents or chemicals added to ensure a pure, natural oil with vibrant colours and a great taste.

This is in contrast to processes that use the poisonous chemical *hexane* to extract the oil. To get rid of the *hexane*, most oils are heated to high temperatures which alters their natural flavour.



IT'S A RICH SOURCE OF OMEGA-3 AND VITAMIN E

Not only is camelina oil a great source of Omega-3 but, just as importantly it has the most optimal balance of Omega-3, Omega-6, Omega-9 and saturated fats of any oil.



Gamma-tocopherol is an often overlooked but important form of Vitamin E. Found in abundance in camelina oil, it is known to reduce inflammation, regulate factors that guard against certain cancers, and activate genes involved in protecting against Alzheimer's disease.

IT'S PERFECT FOR COOKING



- ← 475°F Camelina
- ← 420°F Grape Seed
- ← 400°F Canola
- ← 375°F Coconut
- ← 350°F Olive
- ← 330°F Hemp

The high smoke point makes it an extremely versatile cooking oil. Combined with its fresh natural flavour it's perfect for: salad dressings, dips, marinades, stir-frying, and grilling.

IT HELPS YOUR HEART

All of this results in some great health benefits:

- Lowered cholesterol
- Anti-inflammatory properties
- Lowered blood pressure
- Reduced risk of cardiovascular disease
- Reduced blood clotting



Every bottle of Three Farmers Camelina Oil has a code that lets you trace it right back to the field it was grown on.



For more information about camelina oil visit www.threefarmers.ca.