



GRAPSEED OIL NUTRITION FACTS

Grapeseed oil is produced from grape seeds after wine production. It contains the genetic essence and expression of the grape itself, an aggregate fruit of a strong, woody vine. The gathering, accumulating and clinging principles endow the oil with unique properties.

HEALTH BENEFITS

With a high percentage of Vitamin E, grapeseed oil is extremely potent as an antioxidant. It also contains Vitamin B Alpha and Bioflavonoids that offer resistance to free radical damage. Light and fine in texture it lubricates without clogging.

Grapeseed oil contains the lowest levels of saturated (bad) fats of any oil. It also offers the highest concentrations of both mono and poly unsaturated (good) fats. See the charts below to compare. Grapeseed oil also contains high-density Lipoprotein, which helps to reduce high blood pressure. It contains one of the highest (72%) percentages of Linoleic Acid, a fatty acid that acts as a transporter for saturated fats, preventing accumulations in the arteries. It is 100% solvent free - - not hydrogenated - - without any preservatives such as TBHQ or BHT. It contains no sodium, no trans fatty acids, no cholesterol, and actually reduces the cholesterol accumulated in the body.

OIL COMPARISONS

OIL	SATURATED ("bad")	UNSATURATED ("good")	
		MONO	POLY
Grapeseed	8%	16%	72%
Sunflower	11%	17%	65%
Corn	13%	24%	59%
Soy	14%	23%	59%
Olive	16%	75%	9%
Peanut	19%	53%	28%
Cottonseed	25%	18%	52%
Butter	49%	24%	3%
Coconut	87%	6%	2%

AVERAGE ANALYSIS

Linoleic Acid (Omega 6)	72 – 78%
A-linoleic Acids (Omega 3)	1.0%
Oleic Acid (Omega 9)	16 – 20%
Palmitoleic Acid	0.5 – 0.7%
Stearic Acid	2.7 – 4%
Palmitic Acid	6 – 7.5%
IUs of Vitamin E	14