



"GOURMOLI " Ltd.
We produce manually
cold pressed BIO WALNUT OIL
on an **OAK PRESS based on an**
old French technology from 1803

Thanks to the technology used, we are able to retain the true taste of the oil because we do not heat it and it does not come in contact with metal. All vitamins and Omega-Fatty acids remain intact !

100% BIO WALNUT OIL
from raw walnut kernels of premium quality,
extracted through Single cold extrusion with an OAK PRESS!
Thanks to this technology we achieve level of **ACIDITY <0.1%**

- ✓ No contact with metal
- ✓ No heat treatment
- ✓ Filtered with natural filter materials (linen) - all useful nutrients and Omega-Fatty acids remain in the oil
- ✓ Short shelf life (10 months) because it does not contain any preservatives, colorings, and flavors
- ✓ Use of certified organic raw materials

The Cold pressed walnut oil is an excellent detoxification product. It frees your body from the carcinogens, radionuclides and other poisons that are so generous to our civilization. The benefits of walnut oil are for skin, hair, and health.

Vitamins dissolved in oils are much more useful and better absorbed by our body than those produced synthetically.

Daily use could help the prevention with diseases of heart, blood vessels, brain, and liver.

Walnuts are considered one of the healthiest nuts. Walnut oil is cholesterol-free and provides a high amount of omega-3 essential fatty acids and phytosterols. They play a significant role in the basic processes which run in the human body. Their main purpose is to reduce the levels of bad LDL cholesterol, thus actively protecting the health of the arteries. In addition, phytosterols support the natural protection against harmful external influences and have a powerful anti-inflammatory effect.

Source of antioxidants, vitamins, and minerals.

Walnut oil is a good source of selenium, magnesium, phosphorus, zinc, vitamin E, niacin, and vitamins B1, B2 and B3. It is also extraordinarily rich on antioxidants - especially ellagic acid, which counteracts the cell effects of damaging the free radicals that accelerate aging and contributes to cancer and other diseases.

Monounsaturated fats

Walnut oil contains healthy monounsaturated fats. These useful fats protect the heart and cardiovascular system by lowering cholesterol and reducing inflammation. Monounsaturated fat also improves the way the body responds to insulin and controls blood sugar.

BENEFITS OF REGULAR USE OF WALNUT OIL:

- ✓ reduces cholesterol, prevents the formation of atherosclerotic plaques on the walls of blood vessels
- ✓ helps treatment of hypertension.
- ✓ encourages the breakdown of fat
- ✓ controls blood sugar
- ✓ improves skin and hair condition
- ✓ has antioxidant effect, increases immunity
- ✓ normalizes digestion
- ✓ supports brain function, promotes intellectual development, increases concentration, and improves memory
- ✓ has an anti-inflammatory effect.

DIRECTIONS FOR USE: Should be used **IN CRUDE FORM ONLY** and not to be heat treated

It is most useful to consume the oil directly and before eating:

- For adults - 2 tablespoons per day
- For children - 1 teaspoon per day.

Other ways of consumption and use:

- With freshly baked bread and cheese
- For salad dressings and ready meals
- For flavoring pasta, fish, and meat
- To prepare cold starters
- For cosmetic procedures directly on the skin



BIO WALNUT FLOUR

From the pressed organic walnuts, by Manual grinding in a stone mill and careful sifting is produced Organic walnut flour containing minerals and amino acids, with high protein content, which makes it great Vegan and Gluten-free product. Walnut flour is suitable for direct consumption and is also increasing the nutritional value of the products to which it is added.



- Homemade dishes
- Mixes for bread, biscuits, and other pastries
- Different Soups
- Tarator (traditional Bulgarian cold yogurt soup with fresh cucumbers)
- Salads
- Cereals
- Sauces
- Protein smoothies and shakes
- Yogurt and others
- In cosmetics it can be added to hair masks or facial peels.

Recommended intake:

- For children under 14 years - 1-2 tsp. per day
- For Adults - 1 tbsp. up to 2 times a day

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