Avocado Oil

The Healthiest Oil on the Planet ?!

Creamy, buttery and rich, extracted from the flesh of avocado fruit. More than just taste, with some unusual and uniquely healthy properties, avocado oil earns itself the title of:

THE WORLD'S HEALTHIEST OIL

Builds the Baby's Brain

Brain cells are build from fat, and avocado oil's healthy fat makes up the building blocks of an intelligent brain of a baby. Builds a better brain (full brain potential).

400° F High Smoke Point

Oils with high smoke points make high-temperature cooking much safer and easier, and results in healthier, better tasting food.

Anti-inflammatory Ease Arthritis

Avocado Unsaponifiables blocks pro-inflammatory chemicals, prevents deterioration of synovial cells (which line the joints) and may help regenerate normal connective tissue.

Help Absorbing Nutrients from Plant Foods

Some nutrients are "fat soluble," meaning that they need to be combined with fat in order to be utilized. This includes vitamins A, D, E and K...along with antioxidants. Studies showed that cooking with avocado oil can increase antioxidant absorption by 2.6 to 15-fold.
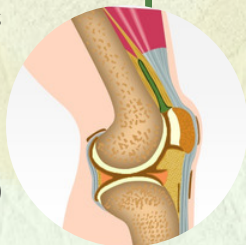
E Vitamin

25 Percent More than Olive Oil

This fat-soluble vitamin is known for improving skin and eye health, bolstering the immune system.

In discussions about cooking oils, olive oil has come out on top as the go-to for healthier cooking. And while it's a great option, avocado oil —incredibly versatile and full of healthy fats—beats olive oil in every criteria:

AVOCADO OIL VS **OLIVE OIL**

Smoke Point	
Extra virgin avocado oil 400 Fahrenheit (204 Celsius)	Extra virgin olive oil 220 Fahrenheit (105 Celsius)

Monounsaturated Fatty Acid	
72% to 76%	67%

Vitamin E Antioxidant	
Has good amounts of Vitamin E antioxidant	Has negligible amounts of Vitamin E antioxidant

Skin Benefits	
Penetrates deep into skin and moisturizes well	Comparatively less moisturizing property

Proteins	
Contains higher amount of proteins	Less proteins present in quality and quantity

GRADES OF AVOCADO OIL

Extra Virgin · GRADES · Refined

Extra Virgin

The "extra virgin" label is usually only given to oils extracted from the first cold-press. It is used to indicate purely mechanical production and superior quality. Extra virgin avocado oil from the first cold-press is considered the highest quality oil available. It is the only grade of avocado oil that contains significant amounts of the antioxidant vitamin E.

⚠️ Extra virgin avocado oil is labeled "extra virgin" on the bottle and refined avocado oil is often marketed simply as "avocado oil." Many avocado oils claiming to be "extra virgin" are not. A pale or so-called "light" oil will to some extent have been refined.

Refined

Refined avocado oil is usually extracted at high temperatures, additional processes, and sometimes chemicals solvents are used to extract the oil from the avocados. Since all the oil's natural waxes are removed during the refining process, refined avocado oil can withstand higher cooking temperatures. While it has done a good thing to increase the oil's smoke point and shelf stability, the refining process takes away the original rich color, flavor, and many different nutrients.

Features

Extra Virgin	Feature	Refined
Cold Pressing	Production Temp	High Temp
Pure Mechanical	Pressing	Extraction
Dark Green	Color	light Yellow
204 °C	Smoke Point	272 °C
Highest	Nutrition Value	Lower

IDENTIFYING — QUALITY — TOP QUALITY

Color & Flavor
Extra virgin avocado oil should be emerald green in color and have a full but mild and complex flavor, similar to avocados themselves.

+

Cold-Pressed & Extra Virgin
Top grade oils are extracted by centrifugal force using little or no heat, a method called cold-pressing. Extra virgin avocado oil is extracted using only avocados and fresh cold water, chemical solvents are never used.

+

Bottle
Quality cooking oils will come in dark glass bottles. Dark glass bottles help protect the oil from light and oxygen, extending the shelf life of the oil before and after it is opened.

+

Price Point
High quality extra virgin avocado oil costs more to produce than refined cooking oils and is therefore sold at a higher price point.

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Sophie's Choice — ASSURED QUALITY APPROVED — **Top Quality** Extra Virgin Avocado Oil

OTHER SPECIAL BENEFITS

1. Keeps Your Heart Healthy
2. Rich Source of Oleic Acid
3. Good Source of Vitamin E
4. Improves Digestion
5. Strengthens Your Skin
6. DETOXIFIES YOUR BODY
7. GROWS HAIR FASTER & FULLER
8. Helps You Lose Weight
9. Reduces Inflammation & Itching
10. Accelerates Wound Healing