



avi AGRO

# Cold Pressed Sesame Oil

Sesame oil also known as “Queen of Oil” is a flavour booster and it’s distinct nutty taste blends in well with the various mixes of spices that are synonymous of Indian cooking. It is said that sesame oil was first extracted during the Indus Valley Civilization and thereon was introduced to other parts of Asia and the world. In Ayurveda, sesame oil is valued for its medicinal properties. In Ayurvedic practises, if the type of oil is not mentioned but just Taila (oil) is mentioned, then sesame oil is considered by default.

Cold-pressed sesame oil is a good source of vitamin E. Vitamin E gives sesame oil its antioxidant property.

Sesame oil contains sesamol and sesaminol, two antioxidants that may have powerful effects on your health. Antioxidants are substances that help reduce cell damage caused by free radicals. An accumulation of free radicals in your cells may lead to inflammation and disease as per various studies done by reseachers

<b>Nutritional Values(%)*</b>	
<b>Energy</b>	<b>897.5 Kcal/100g</b>
<b>Total Fat</b>	<b>99.9</b>
<b>CARBOHYDRATE</b>	<b>0.00</b>
<b>PROTEIN</b>	<b>0.00</b>

\*Approximate Values Based on Sample Test Results

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It also has a high concentration of fatty acids, including polyunsaturated omega-6 fatty acids and monounsaturated omega-9 fatty acids. Other constituents of cold-pressed sesame oil include zinc, copper, magnesium, and iron as well as vitamin B-6. Zinc contributes to healthy bones; copper is good for the management of rheumatoid arthritis and magnesium contributes to respiratory health as per the literature studies done.

Cold-pressed sesame oil keeps the longest among cooking oils with high smoke points. This is due to preservative actions of sesamin and sesamol naturally present in it. These preservatives make it possible to keep sesame oil from going rancid even while it is stored in the open. It is said to be good for the skin, and often used for massages as it penetrates deep into the skin to provide nourishment and helps relieve stress. It is considered to be good for the hair as well, and also used as a carrier oil for different cosmetics.



**Relieve From  
Stress**



**Source of  
Vitamin E**



**Used for skin  
and massages**

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