

Avocado Oil

Eat Well and Live Healthy

Following the old adage, “You are what you eat,” Americans spent many years afraid of fat. But, thankfully, times have changed.

Recognizing the crucial role “good” fats play in maintaining healthy levels of vitamins, minerals and micro nutrients in the body, we now live in constant search for new sources of monounsaturated fat, antioxidants, vitamins and minerals.

Enter: Olivado Avocado Oil

Olivado’s Extra Virgin Cold-Pressed Avocado Oil is one of the healthiest edible oils in the world. Why is Avocado Oil so important? Well, the benefits include:

- Having the highest level of heart-healthy monounsaturated fats (in comparison to other oils)
- High levels of alpha and beta-carotene, which protect against heart disease and cancer
- The highest levels of essential vitamins and minerals and a generous dose of vitamin E, a powerful antioxidant
- Twice the amount of lutein as olive oil, which protects against macular degeneration and blindness
- Valuable omega-3 fatty acids, which help lower blood cholesterol
- Ounce-per-ounce, Avocado Oil ranks highest in monounsaturated fat, vitamin E, folate, potassium, magnesium, lutein, Beta-Sitosterol, and glutathione.



Avocado Gets a New Title...

From a recent Ohio University Study, avocado oil now wears the title of “nutrient booster”, as it is shown to significantly increase the body’s absorption of more heart healthy and cancer fighting nutrients from salads, such as alpha-carotene (8X), beta-carotene (13X), lycopene (4x) and lutein (4X). Accordingly, Olivado recommends daily use on salads and vegetables as the key to your family’s good health and longevity.

A Final Thought...

Olivado Avocado Oil is cold pressed at temperatures below 55 (degrees) F and contains an acid content of 0.2 percent, well below the 1 percent required for an “extra virgin” designation. Additionally, no heat or solvents are ever used to extract the oil from the fruit.



Olivado’s Gold Brand Avocado Oil comes in several flavors. Now you can enjoy the health benefits of avocado oil with any salad or favorite recipe.