



# AVOCARE®

PURE  
AVOCADO OIL

The natural Pure Avocado Oil extracted from the precious Mexican Hass Avocado, has extraordinary health benefits. The Avocado Oil does not contain cholesterol due to its vegetable origin. In addition to its delicate and unique flavor, it is high in Omega 3, 6 and 9.

**Avocare, Avocado Oil**, due to its natural origin, offers many advantages over other oils, especially those which have high levels of saturated fats or hydrogenated vegetable fats (margarines). With avocado oil you can prepare your favorite vinaigrettes as well as bake or cook your favorite dishes.

Pure Avocado oil withstands temperatures higher than butter 350°F (177°C) or margarine 359°F (182°C), since its smoking point is up to 500°F (260°C). This provides an important advantage as it prevents food from burning when exposed to high temperatures, helping to preserve the nutritional properties of the food.

### Compare and discover its benefits. Every 100g of Pure Avocado Oil contains

	MONOUNSATURATED	SATURATED	POLYUNSATURATED
Avocado	69 g	17 g	13 g
Cocoa	32 g	59 g	3 g
Sunflower	63 g	7.4 g	28 g
Corn	21 g	10 g	64 g
Olive	72 g	13 g	58 g
Palm	37 g	49 g	9 g

Recent medical studies show that avocado oil:

- Reduces levels of LDL cholesterol (bad fats) and increases levels of HDL (good fats).
- Reduces Triglyceride levels.
- Prevents and reduces cardiovascular disease.
- It contains vitamins A, B, D and E.
- High levels of Beta-Sitosterol.

#### Monounsaturated and Polyunsaturated:

Fatty acids that increase the good HDL cholesterol, which prevents fat accumulation and plaque formation in the arteries and veins, improving blood circulation which reduces the risk of heart problems.

#### Saturated:

Fatty acids that increase bad LDL cholesterol, which adheres to the arteries and veins, being one of the leading causes of cardiovascular problems.

**AVOCARE BECAUSE OF ITS BENEFITS**  
AND DELICATE FLAVOR, IT IS YOUR BEST OPTION  
TO BALANCE  
THE PLEASURE OF EATING AND A HEALTHY LIFESTYLE





AVOCARE®

REFINED  
AVOCADO OIL

**Origin zone:** High Mountain range of Michoacan, Mexico.

**Land:** Sub-forest soil.

**Production:** Cold pressed with controlled temperature (Below 122°F).

**Appearance:** Green emerald color with yellow shades.

**Odor:** Complex and elegant aroma with a subtle remainder of walnut and light notes of avocado.

**Flavor:** Soh and delicate with good balance of flavors, a very light spiced avocado flavor can be distinguished.

Acidity: >1%

Smoke Point: 500°F (260°C)

**Nutrition Facts:**

<b>Nutrition Facts</b>	
Serving size 1 Tbsp (15 mL)	
Amount Per Serving	
<b>Calories 120</b>	
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Polysaturated Fat 2g	
Monounsaturated Fat 10g	
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	

Not a significant source of cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron and potassium.

\*The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Corporate Social Responsibility



Non-GMO Verified (USA)



Top Quality Certified (Mex)



Kosher Certified



FDA Registration 17898273288



Food Safety System Certification 22000 GSCFSSC22KMX424



Product Made in Mexico



12.4 in

Each 33.8 fl oz Avocare Avocado Oil Contains:



33.8 fl oz  
About 66 servings

Ø 3.3 in

10.8 in

Each 16.9 fl oz Avocare Avocado Oil Contains:



16.9 fl oz  
About 33 servings

Ø 2.7 in

**Bottle**


UPC-A: 81129101002-5

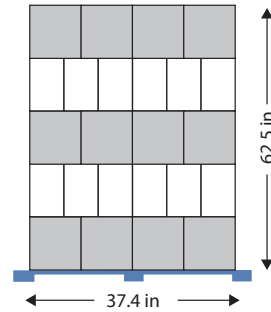
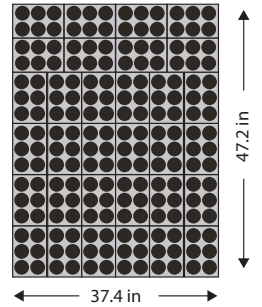
Dimensions  
 Height: 10.8 in  
 Diameter: 2.7 in  
 Weight: 30.3 oz

**Cardboard box**

16.9 fl oz box  
**(6 bottles)**  
 Dimensions: 9.4 x 5.9 x 12.5 in  
 Weight: About 11.6 lbs

**Standard Pallet**

Pieces  
 6 pieces per box  
 32 boxes per layer  
 5 layers per pallet  
 960 pieces per pallet  
 Weight: About 1 856 lbs

**Front view**

**Top view**


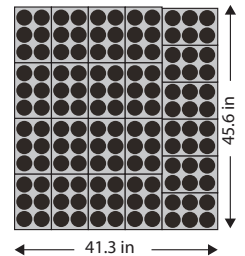
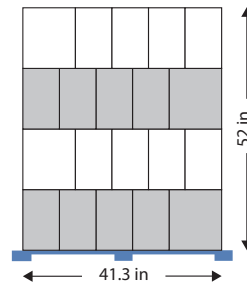
Dimensions  
 Height: 12.4 in  
 Diameter: 3.3 in  
 Weight: 55.7 oz



UPC-A: 81129101021-6

33.8 fl oz box  
**(6 bottles)**  
 Dimensions: 11.4 x 7.4 x 13 in  
 Weight: About 21.9 lbs

Pieces  
 6 pieces per box  
 22 boxes per layer  
 4 layers per pallet  
 528 pieces per pallet  
 Weight: About 1 927 lbs





UPC-A: 81129101051-3

**Bottle**

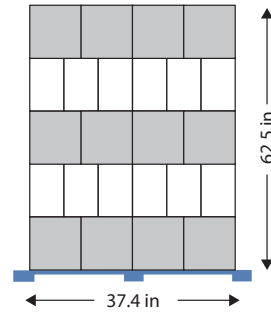
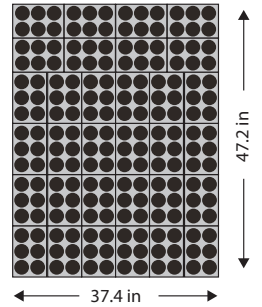
PET  
Dimensions  
Height:  
9 in  
Diameter:  
2.79 in  
Weight:  
20.8 oz

**Cardboard box**

16.9 fl oz box  
**(6 bottles)**  
Dimensions:  
9.4 x 5.9 x 12.5 in  
Weight:  
About 6.8 lbs

**Standard Pallet**

Pieces  
6 pieces per box  
32 boxes per layer  
5 layers per pallet  
960 pieces per pallet  
Weight:  
About 1 088 lbs

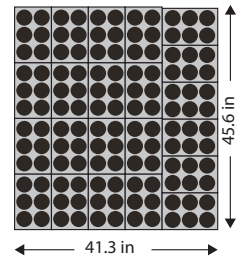
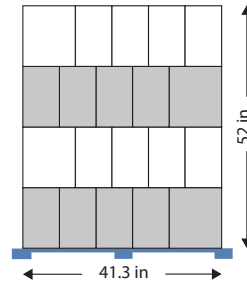
**Front view**

**Top view**


UPC-A: 81129101052-0

PET  
Dimensions  
Height:  
11 in  
Diameter:  
3.4 in  
Weight:  
38.4 oz

33.8 fl oz box  
**(6 bottles)**  
Dimensions:  
11.4 x 7.4 x 13 in  
Weight:  
About 14.3 lbs

Pieces  
6 pieces per box  
22 boxes per layer  
4 layers per pallet  
528 pieces per pallet  
Weight:  
About 1258 lbs




**UPC-A: 81129101073-5**
**Bottle**

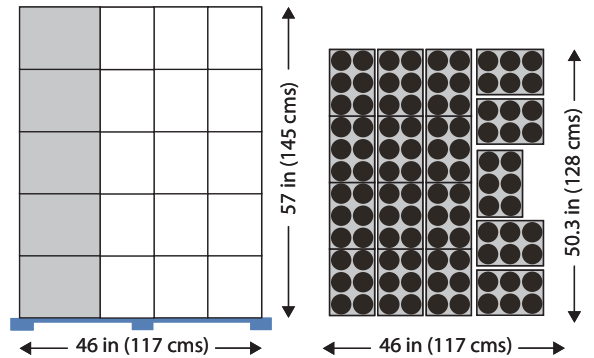
PET  
 Dimensions  
 Height:  
 11 in (28 cms)  
 Area:  
 4.13x4.13 in  
 (10.5 x 10.5cms)  
 Weight:  
 79.3 oz  
 (2.25 Kg)

**Cardboard box**

2L box  
 (6 bottles)  
 Dimensions:  
 12.5x8.4x11.4 in  
 (32 x 21.5 x 29 cms)  
 Weight:  
 About 30.4 lbs  
 (About 13.8 Kg)

**Standard Pallet**

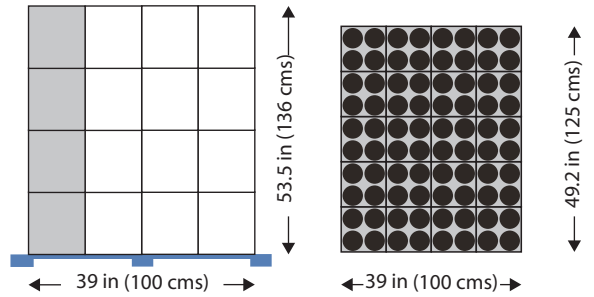
Pieces  
 6 pieces per box  
 17 boxes per layer  
 5 layers per pallet  
 510 pieces per pallet  
 Weight:  
 About 2 529.8 lbs  
 (About 1 147 Kg)

**Front view**

**UPC-A: 81129101075-9**

PET  
 Dimensions  
 Height:  
 12.9 in (33 cms)  
 Área:  
 4.9 x 4.9 in  
 (12.5 x 12.5cms)  
 Weight:  
 141 oz  
 (4 Kg)

1 gal box  
 (4 bottles)  
 Dimensions:  
 9.8 x 9.8 x 13.3 in  
 (25 x 25 x 34 cms)  
 Weight:  
 About 27.5 lbs  
 (About 12.5 Kg)

Piezas  
 4 pieces per box  
 20 boxes per layer  
 4 layers per pallet  
 320 pieces per pallet  
 Weight:  
 About 2 821.9 lbs  
 (About 1 280 Kg)





Bulk size  
Plastic container  
5.28 Gal  
(20 Liters)

Weight:  
About 41.89 lbs  
(About 19 Kg)

48 Containers per Pallet  
Total weight:  
About 2 010.7 lbs  
(About 912 Kg)



Bulk size  
50 Gal  
(190 Liters)

Weight:  
About 440 lbs  
(About 200 Kg)

4 Containers per Pallet  
Total Weight:  
About 1 760 lbs  
(About 800 Kg)



Bulk size  
Cardboard Tote  
259 Gal  
(984 Liters)

Weight:  
About 2 017 lbs  
(About 920 Kg)

1 Container per Pallet  
Total weight:  
About 2 017 lbs  
(About 920 Kg)



Bulk size  
Tote IBC  
264 Gal  
(1,000 Liters)

Weight:  
About 2 050.3 lbs  
(About 925 Kg)

1 Container per Pallet  
Total weight:  
About 2 050.3 lbs  
(About 925 Kg)



Bulk size  
Flexitank  
6,208 Gal  
(23,500 Liters)

Weight:  
About 47 400 lbs  
(About 21,500 Kg)

1 Flexitank per 20' shipping container  
Total weight:  
About 47 400 lbs  
(About 21,500 Kg)

**Physical - Chemical Analysis**

CODEX STAN 210-1999

Analysis	Measurement unit	Specification
	%	Minimum - Maximum
Acidity	Meq. 02 / kg	0.3 - 1
Peroxid Value	I1/100gr	2.9 - 10
Iodine Value	Lovibond	63 - 95
Color	Hrs	N/A
Cold test		N/A

**Chromatography**
**Microbiologic Analysis**

Fatty Acids	Chains	Specifications	
		Minimum	Maximum
Palmitic	C16:0	7	35
Palmitoleic	C16:1	2	16
Stearic	C18:0	0	1.5
Oleic	C18:1	36	80
Linoleic	C18:2	6	21
Linolenic	C18:3	0	3

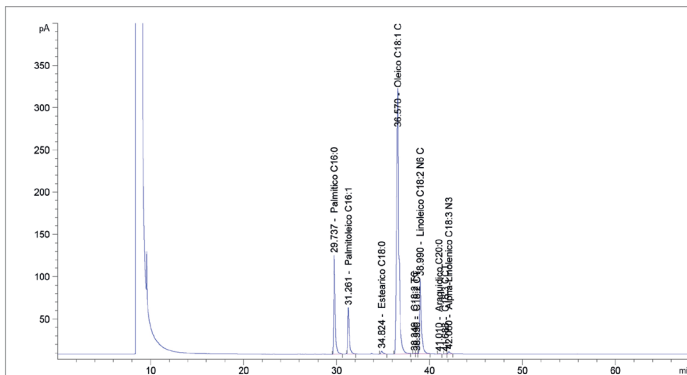
Analysis	Specification
Total bacterial count	< 10 UFC/g
Coliforms	< 10 UFC/g
Fecal Coliforms	< 10 UFC/g
Escheriacho colli	Absent
Salmonela	Absent

Sample Name: Aceite de Aguacate Refinado AR041018



```

=====
Acq. Operator   : SYSTEM                      Seq. Line : 16
Acq. Instrument : Instrumento 2                Location  : 211 (B)
Injection Date  : 05/10/2018 5:09:30 AM      Inj       : 1
Analysis Method : Oleo_Lab_2018_1
    
```



## Area Percent Report

Signal 1: FID1 A, Front Signal

Peak #	RetTime [min]	Type	Width [min]	Area [pA*s]	Area %	Name
1	11.180		0.0000	0.00000	0.00000	Butirico C4:0
2	14.433		0.0000	0.00000	0.00000	Caproico C6:0
3	18.440		0.0000	0.00000	0.00000	Caprilico C8:0
4	20.250		0.0000	0.00000	0.00000	Caprico C10:0
5	22.000		0.0000	0.00000	0.00000	Undecanoico C11:0
6	22.550		0.0000	0.00000	0.00000	Laurico C12:0

**Shelf Life (unopened, original packaging)**

Under stipulated storage conditions, 24 months after production.

**Storage conditions**

Storage at room with temperature in between 13°C – 29°C, and with a 50% relative humidity level. Keep unopened and away from direct sun light in a dry place. Do not store the product in proximity of odorous raw materials and do not stack the product above its limit.

**Contaminants**

(Some regulations may vary according to each country)

This product is free from pesticides, heavy metals, aflatoxins and PAHs. Avocados used in the manufacturing of this product have not been irradiated or ionised, neither the final product or its packaging. Avocados are not genetically modified (Non-GMO certified). It has not been used any nano-technological tool in this product or its packaging.

**Suitability**

Avocado oil is suitable for vegetarians and lactose intolerant.

**Traceability**

Product is traceable (forward and backward) in compliance to our HACCP system.

**Laboratory**

Analysis conducted internally: moisture, fatty acids, peroxide, Lovibond color analysis, cold test, microbiological and chromatography. Some special tests are performed in external laboratories.

**Food Safety Controls**

Our products are free of strange, hard, sharp objects. Monitoring of microbiological, chemical and pollutant characteristics is executed in each batch.

**Allergens**

No allergens has been detected on this product. Based on AOCS.

**Flow chart: extraction**

Analytical report 2021  
Grupo Oleo Lab S.A. de C.V.

Part 1/2

QA21K - Stigmastadienes  
Parameter: Stigmastadienes

Reference: COI/T.20/DoC. No 11  
Result: 4.54 mg/kg

Completed: 27Feb2021

QA12R - Fatty Acid Profile  
Completed: 11 Mar2021

Reference: AOCS Ce 1b-89

Accreditation: ISO/IEC 17025:2017 A2LA 2993.01

Parameter	Result
C 6:0 (Caproic acid)	<0.10 g/100 g
C 8:0 (Caprylic acid)	<0.10 g/100 g
C 10:0 (Capric acid)	<0.10 g/100 g
C12:0 (Lauric acid)	<0.10 g/100 g
C 13:0 (Tridecanoic acid)	<0.10 g/100 g
C 14:0 (Myristic acid)	<0.10 g/100 g
C 14:1 (Myristoleic acid)	<0.10 g/100 g
C 15:0 (Pentadecanoic acid)	<0.10 g/100 g
C 15:1 (Pentadecenoic acid)	<0.10 g/100 g
C16:0 (Palmitic acid)	19.25 g/100 g
C 16:1 (Palmitoleic acid)	8.66 g/100 g
C 16:2 (Hexadecadienoic acid)	<0.10 g/100 g
C 16:3 (Hexadecatrienoic acid)	<0.10 g/100 g
C 16:4 (Hexadecatetraenoic acid)	<0.10 g/100 g
C 17:0 (Margaric acid)	<0.10 g/100 g
C 17:1 (Margaroleic acid)	<0.10 g/100 g
C18:0 (Stearic acid)	0.70 g/100 g
C 18:1n7 (Vaccenic acid)	6.87 g/100 g
C 18:1n9 (Oleic acid)	57.13 g/100 g
C 18:2n6 (Linoleic acid)	13.28 g/100 g
C 18:3n3 (alpha-Linolenic acid)	0.91 g/100 g
C 18:3n6 (gamma-Linolenic acid)	<0.10 g/100 g
C 18:4n3 (Stearidonic acid)	<0.10 g/100 g
C 20:0 (Arachidic acid)	0.10 g/100 g
C 20:1n9 (Eicosenoic acid)	<0.10 g/100 g
C 20:2n6 (Eicosadienoic acid)	<0.10 g/100 g
C20:3n3 (Eicosatrienoic acid)	<0.10 g/100 g
C 20:3n6 (homo-gamma-Linolenic acid)	<0.10 g/100 g
C 20:4 (Arachidonic acid)	<0.10 g/100 g
C 20:4n3 (Eicosatetraenoic acid)	<0.10 g/100 g
C 20:4n5 (Eicosatetraenoic)	<0.10 g/100 g
C 20:5n3 (Eicosapentaenoic acid)	<0.10 g/100 g
C 21:0 (Heneicosanoic acid)	<0.10 g/100 g
C 21:5n3 (Heneicosapentaenoic acid)	<0.10 g/100 g
C 22:0 (Behenic acid)	<0.10 g/100 g
C 22:1n11 (Cetoleic acid)	<0.10 g/100 g

Analytical report 2021  
Grupo Oleo Lab S.A. de C.V.

Part 2/2

**QA21K - Stigmastadienes**  
Parameter: Stigmastadienes

Reference: COI/T.20/DoC. No 11  
Result: 4.54 mg/kg

Completed: 27Feb2021

**QA12R - Fatty Acid Profile**  
Completed: 11 Mar2021

Reference: AOCS Ce 1b-89

Accreditation: ISO/IEC 17025:2017 A2LA 2993.01

Parameter	Result
C 22:1n9 (Erucic acid)	<0.10 g/100 g
C 22:2n6 (Docosadienoic acid)	<0.10 g/100 g
C 22:4n3 (Eicosatetraenoic acid)	<0.10 g/100 g
C 22:4n6 (Docosatetraenoic acid)	<0.10 g/100 g
C 22:5n3 (Docosapentaenoic acid)	<0.10 g/100 g
C 22:5n6 (Docosapentaenoic acid)	<0.10 g/100 g
C 22:6n3 (Docosahexaenoic acid)	<0.10 g/100 g
C 23:0 (Tricosanoic acid)	<0.10 g/100 g
C 24:0 (Lignoceric acid)	<0.10 g/100 g
C 24:1 (Nervonic acid)	<0.10 g/100 g
<b>Omega-3 fatty acids</b>	<b>0.91 g/100 g</b>
<b>Omega-6 fatty acids</b>	<b>13.28 g/100 g</b>
<b>Omega-9 fatty acids</b>	<b>57.33 g/100 g</b>
<b>Monounsaturated Fat</b>	<b>72.94 g/100 g</b>
<b>Polyunsaturated Fat</b>	<b>14.19 g/100 g</b>
<b>Saturated Fat</b>	<b>20.21 g/100 g</b>
<b>Total Fat</b>	<b>107.34 g/100 g</b>
<b>Unknown Components</b>	<b>0.17 g/100 g</b>