

# THE FIVE SEASONS® Camellia Seed Oil

100% Pure Natural Organic Cold-Pressed by



The Perfect Oil for Health and Taste !

Love Is A Religion, Bringing Me Closer To You



THE FIVE SEASONS Camellia Oil contains superb **ANTIOXIDANTS** with

**Omega 3/6/9**

- ☺ ZERO % Trans Fat
- ☺ High % Monounsaturated Fat
- ☺ Tea Polyphenols
- ☺ Squalene
- ☺ Saponins
- ☺ Vitamins A, B, and E & Minerals P, Zn, Ca, Fe, Mn, and Mg.



- < Transparent & Lustrous
- < Light Sweet Aroma
- < Smooth & Clear Taste
- < Consumable Hot or Cold
- < Smoke Point [252 °C (485 °F)]
- < Good for 20 Hours of Cooking



Trans Fat Free  
Lower in Saturated Fat



**Approved ! Organic ! Healthy ! For All Ages !**

Comparison Chart	Camellia Seed Oil	Olive Oil	Palm Oil	Sesame Oil	Peanut Oil	Corn Oil	Sunflower Oil	Soybean Oil	Coconut Oil
*Saturated fatty acids %	8.8	15.3	35.8	15.6	20.8	13.9	11.8	15.7	92.1
#Monounsaturated fatty acids %	82.5	75.3	49.1	40.7	40.5	26.5	23.3	22.7	6.2
^Polyunsaturated fatty acids %	8.1	9.4	15.1	43.7	36.7	59.6	64.9	61.6	1.06

\* A diet rich in Saturated fats can drive up total cholesterol, and tip the balance toward more harmful LDL cholesterol, which prompts blockages to form in arteries in the heart and elsewhere in the body.

# Monounsaturated fats can help reduce bad cholesterol levels in your blood which can lower the risk of heart disease and stroke.

^ Oils rich in polyunsaturated fats provide essential fats that your body needs but can't produce itself - such as Omega-6 and Omega-3 fatty acids. You must get essential fats through food. Omega-6 and Omega-3 fatty acids are important for many functions in the body.

According to **American Heart Association**, the healthy oil should have its fatty acid ratio in 0.8:1.5:1 (SFA: MUFA: PUFA). Everyone should consume more monounsaturated fatty acid and relatively moderate amount of polyunsaturated fatty acid. And from the ratio above, we can see that the **Camellia Seed Oil** has the most desirable fatty acid content.

For more information, please visit [ietCamelliaOil.com](http://ietCamelliaOil.com)

## THE FIVE SEASONS® Naturally Organic Camellia Seed Oil



IET are the **True Believers of Purity and Proud Advocates of Nature!**

and it is not about selling a product but an ambition -

**To Lead The Whole World To Enjoy Camellia Seed Oil and Embrace A Healthy Lifestyle!**

### Nutritional Information

	Per 100 g
Energy	3761 kj / 899 Kcal*
Protein	0
Total Fat	99.7 g
- Saturated Fat	8.8 g
- Trans Fat	0
- Monounsaturated Fat	78.4 g (79%)
- Polyunsaturated Fat	8.1 g (8%)
Cholesterol	0
Carbohydrate	0
Sodium	0
Sugar	0
Vitamin A	19.4 µg
Vitamin D	<5 µg
Vitamin E	11.9 mg
Vitamin K <sub>1</sub>	47 µg
Squalene	14 mg
Polyphenols	65.6 mg
Saponins	69 mg
Flavonoids	4.8 mg
β Carotene	27.5 µg
* 1 Kcal = 4.184Kj	

### Camellia Oleifera Growing Environment:

Temperature: 14°C - 21°C

Soil pH: 5 - 6

Sea-level: Above 700m

Latitude & Longitude: 17° 34' / 100° 122'



**Camellia Seed Oil** is a high quality natural cooking oil cold pressed from Camellia Oleifera seed. For thousands of years, it is considered as a high nutritional dietary supplement that **benefits the digestive system, reduces bad cholesterol, lowers blood pressure, regulates the nerve system and strengthens the immune system.** This is all because Camellia Seed Oil is **very high in Oleic Acid (Omega 9 fatty acid)(Up to 85%), mono-unsaturated essential fatty acids, high antioxidants, low saturated fat, and has also an excellent storage quality.**

- **Oleic Acid** helps reduce low density lipoproteins (LDL, or 'bad cholesterol') and increase high-density lipoproteins ('good cholesterol') in humans.
- **Reduces The Risk of Cancer** because it has different levels of anti-proliferative activities, especially against three lines of cancer cells (human uterus, human breast cancer, and human colon cancer).
- **Squalene** a triterpenic hydrocarbon is found in olive oil and camellia oil and is known to have anti-tumor and anti-carcinoma activities.
- **Triterpenoid Saponin** from camellia has been shown to improve immune function, enhance antibacterial and antiviral activities, and to have anti-mutation and anti-oxidation properties in humans.
- **Better Stability Against Oxidation** when compared to other vegetable oils like Olive oil or Corn oil.

**1 tree.. 10 Years to Grow, 5 Seasons to Bear Fruit**  
**8kg of Fruits = 2kg of Seeds = 500ml of Oil**



Imperial Element Trading Pte. Ltd. (IET) are based in Singapore. In line with HACCP compliance, our full manufacturing process starts from the very beginning. From **nurturing, growing and breeding of Camellia Seeds** (all seeds are hand picked and quality selected) to **Camellia Seed Oil production and packaging.**

Here at IET, we ensure our product is 100% pure organic, cold-pressed with regional and global quality certifications as our assurance to you.