



# totallykiwi

100% PURE NEW ZEALAND COLD PRESSED FLAX SEED OIL

TOTALLY KIWI

# About us

Creating premium Flax Seed Oil has been the foundation of our craft since 1987. We bring together the passion of our skilled craftsman and the finest crops of the beautiful Canterbury Plains of New Zealand, to create the most natural and pure Flax Seed Oil. Totally Kiwi is proud to offer the finest quality products that are made in New Zealand and can be traced back to the farm in which the seed was grown. We work in partnership with our Canterbury farmers to ensure the finest quality, New Zealand grown products. Our products are crafted and processed in small batches to deliver highest quality goods for your health. Our quality and traceability is grounded in our values...it's who we are, what we stand for and what we offer the world!



100%  
New Zealand  
made



Made with  
Love, Care  
& Attention



Carefully selected  
for the  
finest quality



Grain Free



Family owned  
& operated  
business

TOTALLY KIWI

# Why Totally Kiwi



## FARMER PARTNERSHIP

Since planting our very first crop in 1987, we've grown a strong and committed network of farmers with one shared vision - to bring you the finest quality seed products from our lush & fertile Canterbury Plains of New Zealand.



## FAMILY OWNED

We are a family owned and operated business based in Canterbury, in the heart of the South Island of New Zealand. Our family has been cold-pressing New Zealand grown Flax Seed for over 30 years.



## ARTISAN COLD PRESSED

Cold pressing is the best method of extracting nutritional oil from nuts and seeds. Extracting oil through cold pressing involves crushing the seed, forcing out the oil. Friction is generated in the process, so we have adapted our expellers to ensure minimal heat is generated, producing oils that retain their nutritional quality, natural flavour and aroma.

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### 01

New Zealand is uniquely placed to provide the highest quality, innovative and sustainable natural products to the rest of the world.

### 02

New Zealand maintains GMO free status, and has some of the strictest and most respected quality standards for food manufacturing in the world.

### 03

Linseed crops grown for Totally Kiwi are grown by our own farmer network throughout Canterbury in New Zealand.



### 04

Totally Kiwi Flax Seed Oil is fully traceable from the soil right through to the oil®, ensuring you know exactly where it is from.

### 05

The unique soil combination of the Canterbury Plains produces some of the world's best seeds. Seeds typically contain 60% average Omega 3.

### 06

We have a trusted grower network with our Farmers. We all share the same vision to bring you the finest quality seed products from the lush & fertile Canterbury Plains

# Fully Traceable

New Zealand is world leading in raw material traceability, which has grown in importance as reports of adulteration occur from around the world.

Consumers are calling for increasing transparency, credibility and accountability from nutraceutical and food manufacturers. Ingredient and food manufacturers must follow strict and audited quality and manufacturing standards as part of the country's internationally recognised food regulations.

That's why all Totally Kiwi products include a unique Traceability Reference on the product packaging. This can be referenced so we can see the full journey your oil took from soil to oil@



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# Benefits

## OF TOTALLY KIWI FLAX SEED OIL

Flax Seed Oil has long been known as a nutritional supplement rich in Omega 3, an Essential Fatty Acid vital for health. It is often found in capsule form in health stores, but with its fresh nutty flavour and delicate taste, it is a great addition to the pantry and perfect to use in favourite dishes.

Totally Kiwi flax seed oil products are:

-  New Zealand grown & produced
-  First cold-pressed, Extra Virgin (premium quality & taste)
-  Rich in Omega 3, an Essential Fatty Acid vital for health
-  Natural processing - no chemicals or solvents used
-  Traceable back to the paddock - from Soil to Oil
-  No chemical additives, colours, flavours or preservatives
-  GMO Free and from sustainable resources
-  Packaged using recyclable materials



## HEALTH BENEFITS

Not only do the Totally Kiwi oils taste great, but they are good for you too! Flax Seed Oil provides nutrients for: Balancing inflammation & supporting joint health, Nourishing skin, hair & nails, Maintaining healthy cholesterol & blood pressure, Balancing hormone levels, Supporting brain function & development, Supporting cardiovascular & organ health. Flax Seed Oil can help to re-address any imbalance of the Omega 3: Omega 6 ratio in our diet. Scientific research and beliefs suggest that one of the large contributors to cardiovascular disease and inflammatory conditions is the increased Omega 6 in our diets. We are now eating more grains, consuming more fast foods and using vegetable oils, all high in Omega 6. As a result, our diets now contain typically 10 to 15 times more Omega 6 than Omega 3. A healthy ratio is considered to be around 2:1.

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# original

100% Pure, New Zealand Grown  
& Produced Flax Seed Oil

Versatile and easy to use, this is our pure, unflavoured oil that has a nutty flavour and aroma and a delicate taste. Our pure oil is perfect to use as a base for dressings, take on a spoon each day, or incorporate into sweet or savoury dishes.

Great for use in:

- Blending with Smoothies
- Mixing into porridge, mueslie, or yoghurt
- Drizzles, dressings & vinaigrettes
- Mashed Potatoes instead of butter
- Dipping oil for artisan breads and antipasto platters



 Conventional Flax Seed Oil  
Available in 250ml or 500ml  
Glass Bottles

 Certified Organic Flax Seed  
Oil Available in 250ml or  
500ml Glass Bottles

# citrus


100% Pure, New Zealand Grown  
& Produced Flax Seed Oil infused  
with Key Lime & Lemon


The most delicate of our infusions, Flax Seed Oil Citrus has an amazing fresh flavour and aroma. Zesty and refreshing, the combination of Lemon and Key Lime oils make this the perfect match for seafood, chicken, salads and vegetables.

Great for use in:

- Drizzling over meat and seafood
- Livening up a green salad or Roast Vegetable
- Drizzling over risotto or pasta
- Smoothies, yoghurt or muesli
- Adding to dressings, vinaigrettes or dipping artisan breads and antipasto platters



 Conventional Flax Seed Oil  
Available in 250ml Glass  
Bottles

 Certified Organic Flax Seed  
Oil Available in 250ml Glass  
Bottles

# mixed herbs


100% Pure, New Zealand Grown  
& Produced Flax Seed Oil infused  
with Mediterranean Herbs


Specifically blended to enhance cooked meats, salads and pasta, Flax Seed Oil Mixed Herb infusion is a combination of essential oils of Basil, Oregano, Rosemary and Thyme for a truly Mediterranean flavour and aroma.

Great for use:

- Drizzling over meat while resting for the ultimate flavour infusion
- Tossing through pasta & rice salads
- Drizzling over risotto or pasta
- Adding to soups, stirfrys and casseroles once cooked
- Brushing over hot artisan breads or as a dipping oil



 Conventional Flax Seed Oil  
Available in 250ml Glass  
Bottles

 Certified Organic Flax Seed  
Oil Available in 250ml Glass  
Bottles

# garlic

100% Pure, New Zealand Grown  
& Produced Flax Seed Oil infused  
with a nutty garlic flavour


Garlic, an essential ingredient in many dishes, it makes it the perfect partner for the nutty flavours of Flax Seed Oil. One of our stronger infusions, Flax Seed Oil Garlic promises to add dimension and depth to your favourite dish.

Great for use:

- Drizzle over roast vegetables, sizzling hot meat or seafood
- Toss through pasta or rice salads
- A base for marinades and dressings for Chicken, Beef or Lamb
- In soups, stir fries and casseroles once off the heat
- Dipping oil or add to mayonnaise for a delicious creamy dressing



 Conventional Flax Seed Oil Available in 250ml Glass Bottles

 Certified Organic Flax Seed Oil Available in 250ml Glass Bottles

# chilli & lime

100% Pure, New Zealand Grown  
& Produced Flax Seed Oil infused  
with Spicy Chipotle Chilli & Key Lime


Combining a creative blend of cooling citrus and spicy chilli heat, this Chilli & Lime infusion delivers a taste sensation. Smoky, spicy chipotle chilli is perfectly balanced with the fresh flavours and tartness of Key Lime, then gently infused into our oil.

Great for use:

- Adding a spicy kick to your favourite meat dish
- Stir into Italian dishes such as bolognese or pasta calabrese
- Drizzle over seafood such as sizzling prawns or scallops
- Spicing up a salsa, mayonnaise or dip
- Adding to dressings, vinaigrettes or dipping artisan breads and antipasto platters



 Conventional Flax Seed Oil  
Available in 250ml Glass  
Bottles

 Certified Organic Flax Seed  
Oil Available in 250ml Glass  
Bottles

# roasted cumin

100% Pure, New Zealand Grown  
& Produced Flax Seed Oil infused  
with roasted cumin & coriander


Our newest infusion blend of Roasted Cumin brings a warming spice and aroma to your favourite dishes. With a small hint of Coriander too, this makes the perfect infusion to add to hummus, curries, Eastern European and Indian dishes.

Great for use in:

- Drizzling over vegetables, rice & couscous
- Adding to soups, stir-fries, casseroles & curries
- Blending into hummus
- Smoothies, yoghurt or muesli
- Brushing over artisan breads or use as a dipping oil



 Conventional Flax Seed Oil  
Available in 250ml Glass  
Bottles

 Certified Organic Flax Seed  
Oil Available in 250ml Glass  
Bottles



# gift packs

— Your favourite Totally Kiwi Oils  
in a handy 3 bottle gift pack.

We have created the very best flavour combinations together in our Gift Packs, which make the ideal present for loved ones, or a little treat for yourself!

Our gift packs contain 3 bottles of oils so they are a great way to try a selection of flavours before choosing a solid favourite.

These packs can be Mix and Match with any 3 of our oils in the 100ml conventional, 250ml conventional, or 250ml Certified Organic Oils.

Or, better still, choose from our recommended selections below:

Flavour Favourites

- Original
- Mixed Herb
- Garlic

Zing & Zest

- Original
- Citrus
- Chilli & Lime



Certified Organic Oil 3 Pack  
available in 250ml bottles



Conventional Oil 3 Pack  
available in 100ml or 250ml bottles



# partnering with totally kiwi

When you partner with Totally Kiwi you are partnering with a New Zealand family owned and operated business. A company that is 100% focused on delivering the finest quality products to our customers. With over 30 years experience and a programme of ongoing research and development, we guarantee the highest quality Certified and Conventional (nonorganic) nutritional oils and functional food ingredients.

We are extremely proud of who we are as a company, and are delighted to share our culture, our practices, and most importantly our quality products with our customers.

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# find us

- 01** Visit our website  
[bio-oils.co.nz/tk](http://bio-oils.co.nz/tk)
- 02** Internationally through  
our distributors

