



BIO OILS NZ
nourished by nature

Product Catalogue



About



Founded in 1987, Bio Oils NZ today remains family-owned by the Prebble's and the business is dedicated to helping growers, consumers and animals lead healthy and fulfilling lives.

By cultivating the world's purest seed products, packed with nutrients from New Zealand's alluvial soils, Bio Oils NZ is able to share the powerful plant based healing properties with consumers around the world.

From day one Bio Oils NZ was built on values that today, almost 40 years on, are still at the heart of the business; lead with care, product proud, build a legacy, and partner with growers.



Our Growers

Strong partnerships form the foundation of any successful venture. At Bio Oils we know the key to achieving our goals is finding partners who share our passion for oil seeds. Early on, we made the commitment to back our local growers based in Canterbury. The decision was easy, our growers had an intimate knowledge of the land, were innovative, committed and already producing some of the world's best oil seed crops. In supporting them, we are supporting local people, their families and the whole community.



Our Land

We are proud of our Ashburton roots. The district is a fertile region nestled in the Canterbury Plains of New Zealand's South Island. Canterbury is a place renowned for its unique mix of climate, fertile soils and innovative growers working together with nature to produce the best oil seed crops in the world.



Our Responsibility

We believe it is our responsibility as guardians (kaitiaki) of the land, to protect and treasure our air, soil and waters. In maintaining and looking after our land, we know it will continue to look after us and our future generations.

Our Principals

Creating premium Seed Oil has been the foundation of Bio Oils NZ since 1987. We bring together the passion of our skilled craftsman and the finest crops of beautiful New Zealand, to now create the most pure and natural plant based Seed Oils, Seed Oil Blends, and plant based Fibre and Proteins grown and produced in New Zealand.

Bio Oils is proud to offer the finest quality products that can be traced back to the farm in which the oil seed was grown.

Our products are crafted and processed in small batches to deliver the highest quality goods for your health and well-being. Our quality and traceability is grounded in our values...it's who we are, what we stand for and what we offer the world!

Our Products

Why Bio Oils NZ?

Bio Oils New Zealand was founded on the principle of working with our growers to provide high quality seed oils to the world, we are New Zealand's largest exporter of flax seed oil products.



Organic

Bio Oils New Zealand Organic products are certified with BioGro, allowing the products to meet international organic regulations in key export markets. The BioGro Organic Certification mark on our products gives our consumers absolute confidence that the product they are buying is GMO free and has been produced according to organic principles all the way from 'paddock to plate'.

Sustainable

New Zealand is among the leaders in the world in protecting our natural resources and biodiversity. We lead global research efforts to mitigate greenhouse gas emissions from primary production and, under recent legislation, became the first country in the world to include agriculture in a domestic emissions trading scheme. Sustainability is a focus across all food-related industries, with each sector working to address its impact areas. Our products are proudly produced sustainably with no end waste product.

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.

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 Bio Oils products include a unique Traceability Reference on the product packaging, that allows us to trace the products origins back to the source.

Benefits

Not only do our Bio Oils products taste great, they are good for you too! Our product range 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. Our seed oil range 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.



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

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

Linseed & Hemp Seed crops grown for Bio Oils are grown by our own farmer network throughout the South Island of New Zealand.



Bio Oils products are fully traceable from the soil or seed supplier right through to the oil, ensuring you know exactly where it is from.

The unique soil combination of the central to lower South Island, produces some of the world's best seeds. Our Flax Seeds typically contain 60% average Omega 3.

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 central and lower South Island.



Flax Seed Oil

A excellent plant based source of Omega 3 from Brown Linseed

What is Brown Flax Seed Oil

Bio Oils' Flax Seed Oil is cold-pressed from either certified organic or conventional linseed (*Linum usitatissimum*) grown in the rich, fertile soils of the Central South Island of New Zealand, in the shadow of the beautiful Southern Alps. This region produces some of the world's finest quality linseed, resulting in a premium quality Flax Seed oil. Our Flax Seed Oil is cold-pressed, extra virgin, rich in Omega 3 ALA and GMO free.

Health Benefits

Flax Seed Oil is one of nature's richest plant sources of Omega 3 (ALA)¹ and highly recognised for its therapeutic and anti-inflammatory benefits attributed to its unique chemical composition. Flax Seed Oil grown in New Zealand provides some of the highest levels of Omega 3, Alpha Linolenic Acid (typically 61%), essential for well-being. Research shows Flax Seed Oil is associated with many health benefits including:

- Reduced risk of cardiovascular diseases².
- Increased bone density, improved brain function, and cell growth inhibition for certain cancer types².
- Reduced blood pressure and cholesterol levels³.

Country of Origin

Grown, produced and packaged in New Zealand

Available Bulk Packaging: 20L/18.6kg HDPE Drum, 200kg Steel Drum, 915kg Tripak (cardboard IBC)

Flax Seed Oil

Cold-Pressed
Certified Organic & Conventional



Nutritional Information

Nutrition Information		
Serving Size: 15ml (1 Tbsp)		
	Average Quantity per Serving*	Average Quantity per 100ml*
Energy	520 kJ	3400 kJ
Protein	0 g	0 g
Fat, total	14 g	93 g
- saturated	1.2 g	7.8 g
- trans	0 g	0 g
- polyunsaturated	11 g	72 g
- alpha linolenic acid (omega 3)	8.5 g	57 g
- monounsaturated	1.9 g	13 g
Carbohydrate	0 g	0 g
- sugars	0 g	0 g
Sodium	0.1 mg	0.7 mg
Gluten	0 mg	0 mg

Ingredients: Cold Pressed, Unrefined, Extra Virgin Flax Seed Oil (100%)

Note: Average quantity shown in g per ml

*Subject to natural variation. All specified values are averages



Functional Properties

Omega 3; ALA
Omega 6; LA
Omega 9; Oleic Acid
Vitamin E

Certified Organic
or Conventional



Uses & Applications

Clear, golden oil with slight nutty flavour.

Nutraceutical; dietary supplements.
Nutrition/food; edible oil, functional food ingredient, smoothies, shakes, salad dressings, dips, vinaigrettes.

Cosmetic; applied directly to the skin as a face/body moisturiser.

Inclusion in cosmetic creams to aid hydration.

Animal food; as a functional ingredient.

Stability: 12 months from date of manufacture. Keep cool and away from direct sunlight.

1 - Kajla, P., Sharma, A., & Sood, D. R. (2015). Flaxseed—a potential functional food source. *Journal of food science and technology*, 52(4), 1857–1871. <https://doi.org/10.1007/s13197-014-1293-y>

2 - Al-Madhhaghy, S., Ashmawy, N. S., Mamdouh, A., Eldahshan, O. A., & Farag, M. A. (2023). A comprehensive review of the health benefits of flaxseed oil in relation to its chemical composition and comparison with other omega-3-rich oils. *European journal of medical research*, 28(1), 240. <https://doi.org/10.1186/s40001-023-01203-6>

3 - Mezzafarran, D., & Wu, J. H. (2011). Omega-3 fatty acids and cardiovascular disease: effects on risk factors, molecular pathways, and clinical events. *Journal of the American College of Cardiology*, 58(20), 2047–2067. <https://doi.org/10.1016/j.jacc.2011.06.063>



Flax Seed Fibre

A rich, natural source of Dietary Fibre, Protein and Lignans

What is Flax Seed Fibre

Bio Oils' Flax Seed Fibre is produced from either certified organic or conventional linseed (*Linum usitatissimum*) after the oil has been extracted by cold pressing (also known as de-fatted seed). It is a highly nutritious product available in whole flake or a finely milled powder. Our linseed is grown in the rich, fertile soils of the Central South Island of New Zealand, in the shadows of the beautiful Southern Alps. Flax Seed Fibre has many benefits of whole linseed but with a slightly different nutritional profile. With much of the oil extracted from the seeds, the powder has higher concentration of dietary fibre and protein, and less fat and calories than an equal volume of whole seeds.

Health Benefits

Our Flax Seed Fibre is an excellent source of dietary fibre (soluble and insoluble), protein, plant lignans and minerals. Flax seed (linseed) has been shown to have many health benefits including:

- Improved bowel health and blood sugar stabilisation¹.
- Lowered cholesterol and improves cardiovascular health².
- Supports hormonal balance³.
- Helps prevent certain types of cancers; breast cancer in post-menopausal women and colon cancer⁴.
- Reduced frequency of hot flushes in menopausal women⁵.

Country of Origin

Grown, produced and packaged in New Zealand

Available Bulk Packaging: 25kg Sack

Flax Seed Fibre

Flake or Powder from Cold-Pressed, De-fatted Linseed
Certified Organic & Conventional



Nutritional Information

Nutrition Information		
Serving Size: 18g (2 Tbsp)		
	Average Quantity per Serving*	Average Quantity per 100g*
Energy	400 kJ	1600 kJ
Protein	8 g	32 g
Fat, total	4.2 g	17 g
- saturated	0.4 g	1.7 g
- trans	0 g	0 g
- polyunsaturated	3.2 g	13 g
- alpha linolenic acid (omega 3)	2.4 g	9.7 g
- monounsaturated	0.6 g	2.4 g
Carbohydrate	0.6 g	2.7 g
- sugars	0.3 mg	1.2 g
Dietary Fibre	11 g	45 g
Iron	2.1 mg	8.7 mg
Magnesium	127 mg	510 mg
Phosphorus	197 mg	790 mg
Sodium	30mg	120 mg
Gluten	0 mg	0 mg

Ingredients: Cold Pressed, Unrefined, Flax Seed Powder (100%)

*Subject to natural variation. All specified values are averages

1 - Kajla, P., Sharma, A., & Sood, D. R. (2015). Flaxseed—a potential functional food source. *Journal of food science and technology*, 52(4), 1857–1871. <https://doi.org/10.1007/s13197-014-1293-y>
 2 - Mozaffarian, D., & Wu, J. H. (2011). Omega-3 fatty acids and cardiovascular disease: effects on risk factors, molecular pathways, and clinical events. *Journal of the American College of Cardiology*, 58(20), 2047–2067. <https://doi.org/10.1016/j.jacc.2011.06.063>
 3 - Al-Madhagy, S., Ashmawy, N.S., Mamdouh, A. et al. A comprehensive review of the health benefits of flaxseed oil in relation to its chemical composition and comparison with other omega-3-rich oils. *Eur J Med Res* 28, 240 (2023). <https://doi.org/10.1186/s40001-023-01203-6>
 4 - Rodriguez-Garcia C, Sánchez-Quesada C, Toledo E, Delgado-Rodriguez M, Gaforio JJ. Naturally Lignan-Rich Foods: A Dietary Tool for Health Promotion? *Molecules*. 2019 Mar 6;24(5):917. doi: 10.3390/molecules24050917. PMID: 30845651; PMCID: PMC6429205.
 5 - Chen MN, Lin CC, Liu CF. Efficacy of phytoestrogens for menopausal symptoms: a meta-analysis and systematic review. *Climacteric*. 2015 Apr;18(2):260–9. doi: 10.3109/13697137.2014.966241. Epub 2014 Dec 1. PMID: 25263312; PMCID: PMC4389700.



Functional Properties

Dietary Fibre
Protein
Lignans
Omega 3
Copper
Magnesium
Phosphorus

Certified Organic
or Conventional

Available in Flake or
Powder form



Uses & Applications

Natural mild, nutty flavour.
Nutrition/food: functional food ingredient to increase fibre and/or protein. Addition to breakfast cereals, muesli bars, baked goods, gluten free breads, and smoothie or protein powder mixes. Thickening or binding agent for soups, sauces, patties for example.
Animal Food: as a functional ingredient.
Stability: 24 months from date of manufacture. Keep cool and dry.



Golden Flax Seed Oil

A excellent plant based source of Omega 3 from Certified Organic Golden Flax Seeds

What is Golden Flax Seed Oil

Bio Oils' Golden Flax Seed Oil is cold-pressed from certified organic, golden linseed (*Linum usitatissimum*) grown in the rich, fertile soils of the Central South Island of New Zealand, in the shadow of the beautiful Southern Alps. This region produces some of the world's finest quality golden linseed, resulting in a premium quality oil. Our Golden Flax Seed Oil is cold-pressed, certified organic, extra virgin, rich in omega 3 ALA and GMO free.

Health Benefits

Flax Seed Oil is one of nature's richest plant sources of Omega 3 (ALA)¹ and highly recognised for its therapeutic and anti-inflammatory benefits attributed to its unique chemical composition. Golden Flax Seed Oil grown in New Zealand provides some of the highest levels of Omega 3, Alpha Linolenic Acid (typically 61%), essential for wellbeing. Research shows Flax Seed Oil is associated with many health benefits including:

- Reduced risk of cardiovascular diseases².
- Increased bone density, improved brain function, and cell growth inhibition for certain cancer types².
- Reduced blood pressure and cholesterol levels³.

Country of Origin

Grown, produced and packaged in New Zealand

Available Bulk Packaging: 20L/18.6kg HDPE Drum, 200kg Steel Drum, 915kg Tripak (cardboard IBC)

Golden Flax Seed Oil

Cold-Pressed
Certified Organic



Nutritional Information

Nutrition Information		
Serving Size: 15ml (1 tsp)		
	Average Quantity per Serving	Average Quantity per 100ml*
Energy	520 kJ	3400 kJ
Protein	0 g	0 g
Fat, total	14 g	93 g
- saturated	1.2 g	7.8 g
- trans	0 g	0 g
- polyunsaturated	11 g	72 g
- alpha linolenic acid (omega 3)	8.5 g	57 g
- monounsaturated	1.9 g	13 g
Carbohydrate	0 g	0 g
- sugars	0 g	0 g
Sodium	0.1 mg	0.7 mg
Gluten	0 mg	0 mg

Ingredients: Cold Pressed, Unrefined, Extra Virgin Certified Organic Golden Flax Seed Oil (100%)
Note: Average quantity shown in g per ml
*Subject to natural variation. All specified values are averages



Functional Properties

Omega 3; ALA
Omega 6; LA
Omega 9; Oleic Acid
Vitamin E



Uses & Applications

Clear, golden oil with slight nutty flavour.
Nutraceutical; dietary supplements.
Nutrition/food; edible oil, functional food ingredient, smoothies, shakes, salad dressings, dips, vinaigrettes.
Cosmetic; applied directly to the skin as a face/body moisturiser.
Inclusion in cosmetic creams to aid hydration.
Animal food; as a functional ingredient.
Stability: 12 months from date of manufacture. Keep cool and away from direct sunlight.

1 - Kajla, P., Sharma, A., & Sood, D. R. (2015). Flaxseed—a potential functional food source. *Journal of food science and technology*, 52(4), 1857–1871. <https://doi.org/10.1007/s13197-014-1293-y>
2 - Al-Madhagy, S., Ashmawy, N. S., Mamdouh, A., Eldahshan, O. A., & Farag, M. A. (2023). A comprehensive review of the health benefits of flaxseed oil in relation to its chemical composition and comparison with other omega-3-rich oils. *European journal of medical research*, 28(1), 240. <https://doi.org/10.1186/s40001-023-01203-6>
3 - Mozaffarian, D., & Wu, J. H. (2011). Omega-3 fatty acids and cardiovascular disease: effects on risk factors, molecular pathways, and clinical events. *Journal of the American College of Cardiology*, 58(20), 2047–2067. <https://doi.org/10.1016/j.jacc.2011.06.063>



Golden Flax Seed Fibre

A rich, natural source of Dietary Fibre, Protein and Lignans

What is Golden Flax Seed Fibre

Bio Oils' Golden Flax Seed Fibre is produced from certified organic golden linseed (*Linum usitatissimum*) after the oil has been extracted by cold pressing (also known as de-fatted seed). It is then milled into a highly nutritious powder. Our golden linseeds are grown in the rich, fertile soils of the Central South Island of New Zealand, in the shadows of the beautiful Southern Alps. Golden Flax Seed Fibre has many benefits of whole flax seeds but with a lovely golden hue perfect for the food industry. With much of the oil extracted from the seeds, the powder has higher concentration of dietary fibre and protein, and less fat and calories than an equal volume of whole seeds.

Health Benefits

Our Golden Flax Seed Fibre is an excellent source of dietary fibre (soluble and insoluble), protein, plant lignans and minerals. Flax seed (linseed) has been shown to have many health benefits including:

- Improved bowel health and blood sugar stabilisation¹.
- Lowered cholesterol and improves cardiovascular health².
- Supports hormonal balance³.
- Helps prevent certain types of cancers; breast cancer in post-menopausal women and colon cancer⁴.
- Reduced frequency of hot flushes in menopausal women⁵.

Country of Origin

Grown, produced and packaged in New Zealand

Available Bulk Packaging: 25kg Sack

Golden Flax Seed Fibre

Milled from Cold-Pressed De-fatted Golden Linseed
Certified Organic



Nutritional Information

Nutrition Information		
Serving Size: 18g (2 Tbsp)		
	Average Quantity per Serving*	Average Quantity per 100g*
Energy	400 kJ	1600 kJ
Protein	8 g	32 g
Fat, total	4.2 g	17 g
- saturated	0.4 g	1.7 g
- trans	0 g	0 g
- polyunsaturated	3.2 g	13 g
- alpha linolenic acid (omega 3)	2.4 g	9.7 g
- monounsaturated	0.6 g	2.4 g
Carbohydrate	0.6 g	2.7 g
- sugars	0.3 mg	1.2 g
Dietary Fibre	11 g	45 g
Iron	2.1 mg	8.7 mg
Magnesium	127 mg	510 mg
Phosphorus	197 mg	790 mg
Sodium	30mg	120 mg
Gluten	0 mg	0 mg

Ingredients: Cold Pressed, Unrefined, Organic Golden Flax Seed Powder (100%)

*Subject to natural variation. All specified values are averages

1 - Kajla, P., Sharma, A., & Sood, D. R. (2015). Flaxseed-a potential functional food source. *Journal of food science and technology*, 52(4), 1857-1871. <https://doi.org/10.1007/s13197-014-1293-y>
 2 - Mozaffarian, D., & Wu, J. H. (2011). Omega-3 fatty acids and cardiovascular disease: effects on risk factors, molecular pathways, and clinical events. *Journal of the American College of Cardiology*, 58(20), 2047-2067. <https://doi.org/10.1016/j.jacc.2011.06.063>
 3 - Al-Madhagy, S., Ashmawy, N.S., Mamdouh, A. et al. A comprehensive review of the health benefits of flaxseed oil in relation to its chemical composition and comparison with other omega-3-rich oils. *Eur J Med Res* 28, 240 (2023). <https://doi.org/10.1186/s40001-023-01203-6>
 4 - Rodriguez-Garcia C, Sánchez-Quesada C, Toledo E, Delgado-Rodriguez M, Gaforio JJ. Naturally Lignan-Rich Foods: A Dietary Tool for Health Promotion? *Molecules*. 2019 Mar 6;24(5):917. doi: 10.3390/molecules24050917. PMID: 30845651; PMCID: PMC6429205.
 5 - Chen MN, Lin CC, Liu CF. Efficacy of phytoestrogens for menopausal symptoms: a meta-analysis and systematic review. *Climacteric*. 2015 Apr;18(2):260-9. doi: 10.3109/13697137.2014.966241. Epub 2014 Dec 1. PMID: 25263312; PMCID: PMC4389700.



Functional Properties

Dietary Fibre
Protein
Lignans
Omega 3
Copper
Magnesium
Phosphorous



Uses & Applications

Natural mild, nutty flavour.
Nutrition/food; functional food ingredient to increase fibre and/or protein. Addition to breakfast cereals, muesli bars, baked goods, gluten free breads, and smoothie or protein powder mixes. Thickening or binding agent for soups, sauces, patties for example.
Animal Food; as a functional ingredient.
Stability: 24 months from date of manufacture. Keep cool and dry.



Pumpkin Seed Oil

A certified organic plant based source of Omegas, Vitamin E, Carotenoids, and Liposoluble Vitamins

What is Pumpkin Seed Oil

Bio Oils' Pumpkin Seed Oil is certified organic, and cold-pressed from hulled pumpkin seeds (*Curcubita pepo*). A nutritional, edible oil, Pumpkin Seed Oil is a vibrant green colour with a slightly nutty flavour. Pumpkin Seed Oil provides high levels of Essential Fatty Acids (typically 50% Omega 6 Linoleic Acid (LA), 31% Omega 9, Oleic) and naturally occurring Vitamin E, with each serving providing 25% of the recommended daily intake.

Health Benefits

Research shows Pumpkin Seed Oil is associated with many health benefits including:

- Improved heart health, blood pressure and blood sugar management¹.
- Effective in supporting urinary tract health especially for males' prostate health².
- Shown to improve male hair loss³.
- Shown to decrease the severity of menopausal hot flushes, headaches and joint pain⁴.
- Carotenoids, particularly lutein and zeaxanthin, are associated with antioxidant and anti-cancer activity, photoprotection, cardiovascular disease protection and anti-inflammatory effects⁵.

Country of Origin

Produced and packaged in New Zealand

Available Bulk Packaging: 20L/18.6kg HDPE Drum, 200kg Steel Drum, 915kg Tripak (cardboard IBC)

Pumpkin Seed Oil

Cold-Pressed
Certified Organic



Nutritional Information

Nutrition Information		
Serving Size: 15ml (1 Tbsp)		
	Average Quantity per Serving*	Average Quantity per 100ml†
Energy	520 kJ	3400 kJ
Protein	0 g	0 g
Fat, total	14 g	93 g
- saturated	2.4 g	7.8 g
- trans	0 g	0 g
- polyunsaturated	7.2 g	72 g
- linoleic acid (omega 6)	7.1 g	57 g
- monounsaturated	4.4 g	13 g
Carbohydrate	0 g	0 g
- sugars	0 g	0 g
Sodium	0.1 mg	0.7 mg
Vitamin E	3.8 mg	25 mg
Gluten	0 mg	0 mg

Ingredients: Cold pressed, Unrefined, Extra Virgin Certified Organic Pumpkin Seed Oil (100%)

Note: Average quantity shown in g per ml.

*Subject to natural variation. All specified values are averages



Functional Properties

Omega 6 & 9
Antioxidants
Phytosterols
Carotenoids
Potassium
Magnesium
Calcium
Iron
Zinc
Phosphorus



Uses & Applications

A clear, green oil with a slight nutty flavour.
Nutraceutical; dietary supplements.
Nutrition/food; as a functional ingredient, edible oil, smoothies, shakes, salad dressings, dips, vinaigrettes.
Cosmetic; applied directly to the skin as a face/body moisturiser. Inclusion in cosmetic creams to aid hydration.
Animal food; as a functional ingredient.
Stability: 2 years from date of manufacture. Keep cool and away from direct sunlight.

1 - Siano F, Straccia MC, Paolucci M, Fasulo G, Boscaino F, Volpe MG. Physico-chemical properties and fatty acid composition of pomegranate, cherry and pumpkin seed oils. J Sci Food Agric. 2016 Mar 30;96(5):1730-5. doi: 10.1002/jsfa.7279. Epub 2015 Jul 2. PMID: 26033409.

2 - Hong H, Kim CS, Maeng S. Effects of pumpkin seed oil and saw palmetto oil in Korean men with symptomatic benign prostatic hyperplasia. Nutr Res Pract. 2009 Winter;3(4):323-7. doi: 10.4162/nrp.2009.3.4.323. Epub 2009 Dec 31. PMID: 20098586; PMCID: PMC2809240.

3 - Cho YH, Lee SY, Jeong DW, Choi EJ, Kim YJ, Lee JG, Yi YH, Cha HS. Effect of pumpkin seed oil on hair growth in men with androgenetic alopecia: a randomized, double-blind, placebo-controlled trial. Evid Based Complement Alternat Med. 2014;2014:549721. doi: 10.1155/2014/549721. Epub 2014 Apr 23. PMID: 24864154; PMCID: PMC4017725.

4 - Gossell-Williams, M., Hyde, C., Hunter, T., Simms-Stewart, D., Fletcher, H., McGrowder, D., & Walters, C. A. (2011). Improvement in HDL cholesterol in postmenopausal women supplemented with pumpkin seed oil: pilot study. Climacteric, 14(5), 558-564. https://doi.org/10.3109/13697137.2011.563882.

5 - Ninčević Grassino A, Rimac Brnčić S, Badaňjak Sabolović M, Šic Žlabur J, Marović R, Brnčić M. Carotenoid Content and Profiles of Pumpkin Products and By- Products. Molecules. 2023 Jan 15;28(2):858. doi: 10.3390/molecules28020858. PMID: 36677916; PMCID: PMC9861221



Pumpkin Seed Protein

An excellent source of Certified Organic Plant Protein and Essential Minerals

What is Pumpkin Seed Protein

Bio Oils' Pumpkin Seed Protein is produced from certified organic pumpkin seeds (*Curcubita pepo*) after the oil has been extracted by cold-pressing (also known as de-fatted pumpkin seed). It is then milled into a highly nutritious powder. Our Pumpkin Seed Protein powder has many benefits of whole pumpkin seeds but with a slightly different nutritional profile. With much of the oil extracted from the seeds, the powder has less fat and a higher concentration of other nutrients than an equal volume of whole seed.

Seed Protein is a complete protein source and contains 20 amino acids including all nine essential amino acids required by the human body along with dietary fibre, phosphorus, magnesium, iron, zinc and copper.

Health Benefits

Our Pumpkin Seed Protein is an excellent source of plant protein (typically 60%), minerals, antioxidants and fibre, and is a complete protein source containing all nine essential amino acids required by the human body. Pumpkin seeds have been shown to have many health benefits¹ including:

- Cancer-fighting effects, increased iron levels².
- Improved cholesterol levels³.
- Reduced glucose levels⁴.
- Increased natural serotonin levels helping mood and mental health⁵.

Country of Origin

Produced and packaged in New Zealand.

Available Bulk Packaging: 25kg Sack

Pumpkin Seed Protein

Milled from Cold-Pressed De-fatted Pumpkin Seed
Certified Organic



Nutritional Information

Nutrition Information		
Serving Size: 25g (3 Tbsp)		
	Average Quantity per Serving*	Average Quantity per 100g*
Energy	375 kJ	1500 kJ
Protein	15.2 g	61 g
Fat, total	1.9 g	7.9 g
- saturated	0.3 g	1.5 g
- trans	0 g	0 g
- polyunsaturated	0.9 g	3.6 g
- linoleic acid (omega 6)	0.9 g	3.6 g
- monounsaturated	0.6 g	2.5 g
Carbohydrate	0.8 g	3.3 g
- sugars	0.6 g	2.5 g
Copper	0.5 mg	2.0 g
Iron	3.7 mg	15 mg
Magnesium	275 mg	1100 mg
Manganese	2.1 mg	8.4 mg
Phosphorus	550 mg	2200 mg
Sodium	1.2 mg	5.0 mg
Zinc	3.2 mg	13 mg
Gluten	0 mg	0 mg

Ingredients: Certified Organic, Cold Pressed, Unrefined, Pumpkin Seed Powder (100%)

*Subject to natural variation. All specified values are averages.

1 - Singh, A. & Kumar, V. (2023). Pumpkin seeds as nutraceutical and functional food ingredient for future: A review. *Grain & Oil Science and Technology*, 7(1), 12-29.
 2 - Naghii, M.R. & Mofid, M. (2007). Impact of daily consumption of iron fortified ready-to-eat cereal and pumpkin seed kernels (*Cucurbita pepo*) on serum iron in adult women. *BioFactors*, 30, 19-26.
 3 - Makni, M., Fetoui, H., Garoui, E. M., Gargouri, N. K., Jaber, H., Makni, J., Boudwara, T., & Zeghal, N. (2010). Hypolipidemic and hepatoprotective seeds mixture diet rich in Ω-3 and Ω-6 fatty acids, food and chemical toxicology. *Food and Chemical Toxicology*, 48(8-9), 2239-2246.
 4 - D.K. Kushawaha, M. Yadav, S. Chatterji, et al. (2016) α-Amylase and α-glucosidase inhibitory activity assessment of *Cucurbita maxima* seeds—a LIBS based study *Int. J. Phytomed.*, 8 (3), 312-318
 5 - LaChance, L. R., & Ramsey, D. (2018). Antidepressant foods: An evidence-based nutrient profiling system for depression. *World journal of psychiatry*, 8(3), 97-104.



Functional Properties

All 9 Essential Amino Acids
Protein
Fibre
Phosphorus
Magnesium
Iron
Zinc
Copper



Uses & Applications

Neutral, slightly nutty flavour.
Nutrition/food; functional food ingredient to increase protein. Substitute for grain based flour in baking. Addition to breakfast cereal, muesli bars, baked goods, shakes, smoothie and protein blends.
Animal Food; as a functional ingredient.
Stability: 24 months from date of manufacture. Keep cool and dry.



Hemp Seed Oil

A Plant Based Source of Omegas With a 0.3:1 Ratio Alongside Gamma-Linolenic and Stearidonic Acids

What is Hemp Seed Oil

Our Hemp Seed Oil is certified organic and cold pressed to preserve its natural nutritional qualities and rich, balanced omega profile. Hemp Seed Oil is a source of 17% Omega 3, 55% Omega 6 (LA), and 11% Omega 9 and is one of the few oils which also contain Gamma-Linolenic Acid, and Stearidonic Acids.

Health Benefits

Research shows Hemp Seed Oil is associated with many health benefits including:

- Improved heart health by lowering cholesterol levels and reducing inflammation¹.
- Shown to aid with Skin Health by consuming internally and using topically¹.
- Shown to reduce inflammation due to GLA levels which may alleviate arthritis symptoms¹.
- Increased absorption of fat-soluble vitamins such as Vitamin A, D, E and K¹.

Country of Origin

Grown in Canada.

1 - Cerino, P., Buonerba, C., Cannazza, G., D'Auria, J., Ottoni, E., Fulgione, A., Di Stasio, A., Pierri, B., & Gallo, A. (2021). A Review of Hemp as Food and Nutritional Supplement. Cannabis and cannabinoid research, 6(1), 19–27. <https://doi.org/10.1089/can.2020.0001>

Available Bulk Packaging: 20L/18.6kg HDPE Drum, 200kg Steel Drum, 915kg Tripak (cardboard IBC)

Hemp Seed Oil

Cold Pressed
Certified Organic



Nutritional Information

Nutrition Information		
Serving Size: 15ml (1 Tbsp)		
	Average Quantity per Serving*	Average Quantity per 100ml†
Energy	520 kJ	3400 kJ
Protein	0 g	0 g
Fat, total	14 g	93 g
- saturated	1.3 g	9.6 g
- trans	0 g	0 g
- polyunsaturated	11 g	78 g
- alpha linolenic acid (omega 3)	2.6 g	19 g
- stearidonic acid (omega 3)	0.2 g	1.2 g
- linoleic acid (omega 6)	7.7 g	55 g
- gamma linolenic acid (omega 6)	0.4 g	3 g
- monounsaturated	1.6 g	12 g
Cholesterol	0 g	0 g
Carbohydrate	0 g	0 g
- sugars	0 g	0 g
Sodium	0.1 mg	0.7 mg
Gluten	0 mg	0 mg

Ingredients: Cold pressed, Unrefined, Extra Virgin Certified Organic, NZ Grown Hemp Seed Oil (100%)

Note: Average quantity shown in g per ml.

*Subject to natural variation. All specified values are averages



Functional Properties

All 9 Essential Amino Acids
Protein
Fibre
Magnesium
Iron
Zinc



Uses & Applications

A clear, light green oil with a slight nutty flavour.

Nutraceutical; dietary supplements.
Nutrition/food; as a functional ingredient, edible oil, smoothies, shakes, salad dressings, dips, vinaigrettes.

Cosmetic; applied directly to the skin as a face/body moisturiser. Inclusion in cosmetic creams to aid hydration.

Animal food; as a functional ingredient.

Stability; 2 years from date of manufacture. Keep cool and away from direct sunlight.

1 - Cerino, P., Buonerba, C., Cannazza, G., D'Auria, J., Ottoni, E., Fulgione, A., Di Stasio, A., Pierri, B., & Gallo, A. (2021). A Review of Hemp as Food and Nutritional Supplement. Cannabis and cannabinoid research, 6(1), 19–27. <https://doi.org/10.1089/can.2020.0001>



Borage Seed Oil

A excellent plant based source of GLA from Borage Seeds

What is Borage Seed Oil

Bio Oils' Borage Seed Oil is cold-pressed from borage seed (*Borago officinalis*) grown in the rich, fertile soils of the Central South Island of New Zealand, in the shadow of the beautiful Southern Alps. Borage Seed Oil has the highest concentration of GLA from any plant source, and has a higher GLA level than Evening Primrose oil. It is typically used in skincare to treat dry and damaged skin. Our Borage Seed Oil is cold-pressed, extra virgin, high in omega 6 GLA and GMO free.

Health Benefits

Borage Seed Oil is nature's richest plant source of Omega 6 (GLA)¹ and recognised for its therapeutic benefits attributed to its unique chemical composition. It is higher in GLA (typically 21%) than Evening Primrose oil (typically 10%)¹. Research shows Borage Seed Oil is associated with many health benefits including:

- Reduced affects of arthritis^{1,2}.
- Improved skin condition and hydration with reduction of skin inflammation³.
- Improvement of Asthma Symptoms⁴.
- Hormone Support⁵.

Country of Origin

Grown, produced and packaged in New Zealand

Available Bulk Packaging: 20L/18.6kg HDPE Drum, 200kg Steel Drum, 915kg Tripak (cardboard IBC)

Borage Seed Oil

Cold-Pressed
Conventional



Nutritional Information

Nutrition Information		
Serving Size: 5ml (1 Tsp)		
	Average Quantity per Serving*	Average Quantity per 100ml*
Energy	148 kJ	3700 kJ
Protein	0 g	0 g
Fat, total	4 g	100 g
- saturated	1 g	15 g
- polyunsaturated	2 g	59 g
- gamma linolenic acid (GLA)	1.2 g	24 g
- monounsaturated	1 g	27 g
Carbohydrate	0 g	0 g
- sugars	0 g	0 g
Sodium	0 g	0 g
Gluten	0 g	0 g

Ingredients: Cold Pressed, Unrefined, Extra Virgin Borage Seed Oil (100%)

Note: Average quantity shown in g per ml

*Subject to natural variation. All specified values are averages



Functional Properties

Omega 6; GLA & LA
Omega 9; Oleic Acid
Vitamin E
Phenolic Compounds



Uses & Applications

Clear, golden oil with slight nutty flavour.

Nutraceutical; dietary supplements.
Nutrition/food; edible oil, functional food ingredient, smoothies, shakes.

Cosmetic; applied directly to the skin as a face/body moisturiser.

Inclusion in cosmetic creams to aid hydration.

Animal food; as a functional ingredient.

Stability: 12 months from date of manufacture. Keep cool and away from direct sunlight.

1 - Belch, J. J., & Hill, A. (2000). Evening primrose oil and borage oil in rheumatologic conditions. *The American journal of clinical nutrition*, 71(Suppl), 352S-6S. <https://doi.org/10.1093/ajcn/71.1.352s>

2 - Kast R. E. (2001). Borage oil reduction of rheumatoid arthritis activity may be mediated by increased cAMP that suppresses tumor necrosis factor-alpha. *International immunopharmacology*, 1(12), 2197-2199. [https://doi.org/10.1016/S1567-5769\(01\)00146-1](https://doi.org/10.1016/S1567-5769(01)00146-1)

3 - Lin, T.-K., Zhong, L., & Santiago, J. L. (2018). Anti-Inflammatory and Skin Barrier Repair Effects of Topical Application of Some Plant Oils. *International Journal of Molecular Sciences*, 19(1), 70. <https://doi.org/10.3390/ijms19010070>

4 - Mirsadraee, M., Khashkhashi Moghaddam, S., Saeedi, P., & Ghaffari, S. (2016). Effect of Borago Officinalis Extract on Moderate Persistent Asthma: A Phase two Randomized, Double Blind, Placebo-Controlled Clinical Trial. *Tanaffos*, 15(3), 168-174.

5 - Schölkens, B. A., Gehring, D., Schlotte, V., & Walthmann, U. (1982). Evening primrose oil, a dietary prostaglandin precursor, diminishes vascular reactivity to renin and angiotensin II in rats. *Prostaglandins, leukotrienes, and medicine*, 8(3), 273-285. [https://doi.org/10.1016/0262-1746\(82\)90050-6](https://doi.org/10.1016/0262-1746(82)90050-6)



Raw Linseed Oil

A excellent slow drying cold pressed natural raw oil

What is Raw Linseed Oil

Bio Oils' Raw Linseed Oil is cold-pressed from linseed (*Linum usitatissimum*) grown in the Canterbury Plains. It is a slow drying natural base oil, unprocessed and without driers or thinners. The drying properties of linseed oil exhibit initially on the material as a liquid and then appear as rigid but not brittle on aged material. Linseed oil also has water-repelling (hydrophobic) properties.

Common Uses

Helps wood retain its natural moisture content, aids water repellence and retards cracking, checking, and shrinking. Owing to its polymer-forming properties, linseed oil is often blended with other oils, resins or solvents for use:

- as an impregnator to restore, protect and enhance untreated timber
- drying oil finish or varnish in wood finishing,
- pigment binder in oil paints,
- plasticiser and hardener in putty
- in the manufacture of linoleum.

Country of Origin

Grown, produced and packaged in New Zealand

Available Bulk Packaging: 20L/18.6kg HDPE Drum, 200kg Steel Drum, 915kg IBC

Raw Linseed Oil

Cold-Pressed Raw Linseed Oil



Uses & Applications

Industrial Grade Oil with a light to dark golden hue. Not suitable for food.

Industrial; as a wood protectant, as a pigment binder, natural plasticiser

Caution; Flammable, Keep cool and away from direct sunlight.





Contract Manufacturing

Bio Oils Quality Plant Based Products tailored to suit your requirements

Our Contract Manufacturing Process

Bio Oils New Zealand is delighted to offer private label, contract bottling and OEM services to our customers. We will work closely with you through every step of the production stage to ensure we fully meet your requirements. Our attention to detail and focus on the finest production techniques means we have the knowledge and experience to look after your brand.

Certifications

Our manufacturing facility is run under a custom food control plan and registered with MPI overseen by Telarc's robust auditing requirements. We are also BioGro certified so can ensure organic integrity remains with your private label products.

- Custom Food Control Plan registered with MPI
- BioGro Certified
- Allergen Testing in House
- Strict adherence to customer specifications
- Halal and Kosher friendly processing
- Recipes and Blends to meet your requirements

Packaging Available to suit your requirements

Contract Manufacturing

Quality Seed Products
Tailored to Suit Your Needs



Debbie & Daryl Prebble

partnering with Bio Oils NZ

When you partner with Bio Oils 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 Organic & Conventional 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.

find Bio Oils

online via bio-oils.co.nz

on the phone at 03 308 3305

in person at 27 Dobson Street West, Ashburton

