



# Pumpkin Seed Oil

Cold-Pressed, Certified Organic



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

## What is Pumpkin Seed Oil

Bio Oils' Pumpkin Seed Oil (*Curcubita pepo*) is certified organic, and cold-pressed from hulled pumpkin seeds. 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 management<sup>1</sup>.
- Effective in supporting urinary tract health especially for males' prostate health<sup>2</sup>.
- Shown to improve male hair loss<sup>3</sup>.
- Shown to decrease the severity of menopausal hot flashes, headaches and joint pain<sup>4</sup>.
- Carotenoids, particularly lutein and zeaxanthin, are associated with antioxidant and anti-cancer activity, photoprotection, cardiovascular disease protection and anti-inflammatory effects<sup>5</sup>.

## Country of Origin

Produced and packaged in New Zealand

Available Bulk Packaging: 20L HDPE Drum, 200kg Steel Drum, 915kg Tripak



## 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
- gluten	0 g	0 g
Fat, total	14 g	93 g
- saturated	2.4 g	16 g
- trans	0 g	0 g
- polyunsaturated	7.2 g	48 g
- linoleic acid (omega 6)	7.1 g	47 g
- monounsaturated	4.4 g	29 g
Carbohydrate	0 g	0 g
- sugars	0 g	0 g
Sodium	0 mg	0 mg
Vitamin E	3.8 mg	25 mg

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

**Note:** Average quantity shown in g per ml.

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, Badanjak 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



## Functional Ingredients

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 moisturizer. 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.