



# Pumpkin Seed Protein

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



[bio-oils.co.nz](http://bio-oils.co.nz)

# 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 (*Cucurbita 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 benefits<sup>1</sup> including:

- Cancer-fighting effects, increased iron levels<sup>2</sup>.
- Improved cholesterol levels<sup>3</sup>.
- Reduced glucose levels<sup>4</sup>.
- Increased natural serotonin levels helping mood and mental health<sup>5</sup>.

## Country of Origin

Produced and packaged in New Zealand.

Available Bulk Packaging: 25kg Sack



## 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  $\Omega$ -3 and  $\Omega$ -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)  $\alpha$ -Amylase and  $\alpha$ -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 Ingredients

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.