

B-well



WHY CHOOSE CANOLA?

At B-well, we believe healthier choices should be simple, delicious, and accessible.

Our Canola Oil is made from 100% South African GMO-free Canola seed, grown by local farmers and pressed by Southern Oil (SOILL) in the heart of Swellendam — the makers of B-well. Light, versatile, and nutritionally beneficial, it's a smart choice for your family's everyday wellbeing, approved by the Heart and Stroke Foundation SA and endorsed by CANSA.



Low In Saturated Fats

Contains less than 8% of saturated fats, the lowest amount in comparison to other edible oils. Saturated fats are associated with higher “bad” LDL cholesterol and an increased risk of coronary heart disease, making Canola Oil a heart-smart cooking oil choice.



High In Monounsaturated Fats

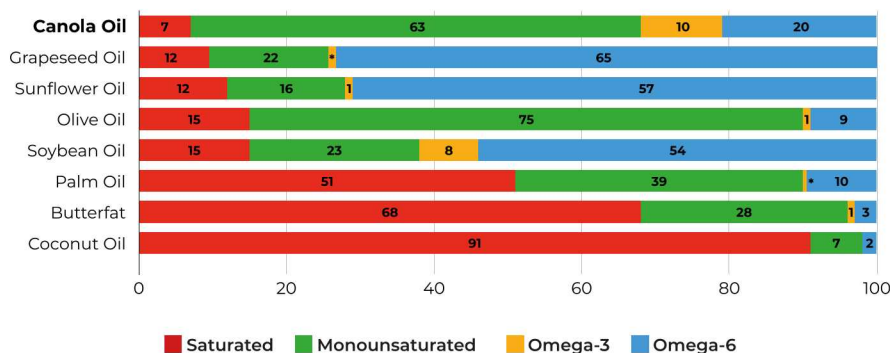
Monounsaturated fats help lower “bad” LDL cholesterol and increase “good” HDL cholesterol in the blood, supporting heart-health.






Balanced in Nutrition

Naturally delivers the ideal Omega-6 to Omega-3 ratio of 2:1. Omega-3 is associated with cardiovascular health, brain function, eye health, reduced inflammation and reduced chronic disease risk. Omega-6 is important for skin health, metabolism, and immune response. These essential fatty acids must be supplied through the diet because the body cannot produce it.

FATTY ACID COMPOSITION OF OILS & FATS











-  **Blend of vegetable oils**
-  **High smoke point**
-  **Source of Omega 3**

CODE	DESCRIPTION	BARCODES
406007	B-well Omega 3 Cooking Oil (4x5L) Pallet Config 44 cases per pallet (11x4)	Box: 16009644140357
		Unit: 6009644140350
406003	B-well Omega 3 Cooking Oil (10x2L) Pallet Config 48 cases per pallet (12x4)	Box: 16009644140289
		Unit: 6009644140282
406001	B-well Omega 3 Cooking Oil (12x750ml) Pallet Config 80 cases per pallet (16x5)	Box: 16009644140258
		Unit: 6009644140251
406006	B-well Omega 3 Cooking Oil (24x375ml) Pallet Config 80 cases per pallet (10x8)	Box: 26009644140279
		Unit: 6009644140275








-  **Ideal Omega 6 & 3 ratio of 2:1 (endorsed by CANSA)**
-  **Very high in Omega 3**
-  **Naturally cholesterol free**
-  **High smoke point**
-  **High in monounsaturated fats.**

Endorsed by HSFSA 

CODE	DESCRIPTION	BARCODES
402020	B-well Pure Canola Oil (4x4L) Pallet Config 44 cases per pallet (11x4)	Box: 16009644141408
		Unit: 6009644141401
402002	B-well Pure Canola Oil (10x2L) Pallet Config 48 cases per pallet (12x4)	Box: 16009644140067
		Unit: 6009644140060
402001	B-well Pure Canola Oil (12x750ml) Pallet Config 80 cases per pallet (16x5)	Box: 16009644140050
		Unit: 6009644140053



-  **90/10 Blend of Canola & Extra Virgin Olive Oil**
-  **Use for high heat cooking or drizzle on salads**
-  **High in monounsaturated fats**
-  **Very high in Omega 3**

Endorsed by HSFSA 

CODE	DESCRIPTION	BARCODES
402021	B-well Canola & Extra Virgin Olive Oil Blend (4x4L) Pallet Config 44 cases per pallet (11x4)	Box: 16009644141415
		Unit: 6009644141418
401002	B-well Canola & Extra Virgin Olive Oil Blend (12x1L) Pallet Config 70 cases per pallet (14x5)	Box: 16009644140265
		Unit: 6009644140268



-  **Cold extracted**
-  **Balanced taste profile**
-  **High in monounsaturated fats.**
-  **Perfect as a dressing over salads**

CODE	DESCRIPTION	BARCODES
412005	B-well 100% Extra Virgin Olive Oil (4x4L) Pallet Config 44 cases per pallet (11x4)	Box: 16009644141422
		Unit: 6009644141425
412002	B-well 100% Extra Virgin Olive Oil (12x1L) Pallet Config 70 cases per pallet (14x5)	Box: 16009644141040
		Unit: 6009644141043



-  **Locally produced**
-  **High smoke point**
-  **Enhances the colour & taste of food**

CODE	DESCRIPTION	BARCODES
404003	B-well Grapeseed Oil (12x1L) Pallet Config 70 cases per pallet (14x5)	Box: 16009644141316
		Unit: 6009644141319



Endorsed by HSFSA First Mayo (endorsed by CANSA)

- Plant based**
(allergen & naturally gluten free)
- Made with Canola Oil**
- Very High in Omega 3**
- Delicious traditional tangy flavour**

CODE	DESCRIPTION	BARCODES
MAY205	B-well Original Tangy Mayonnaise (20L) Pallet Config 36 buckets per pallet (12x3)	Unit: 6009644140527
MAY214	B-well Original Tangy Mayonnaise (2x3kg) Pallet Config 112 cases per pallet (28x4)	Box: 26009644140385 Unit: 6009644140381
MAY203	B-well Original Tangy Mayonnaise (6x750g) Pallet Config 182 cases per pallet (26x7)	Box: 16009644140401 Unit: 6009644140404
MAY204	B-well Original Tangy Mayonnaise (6x375g) Pallet Config 320 cases per pallet (32x10)	Box: 16009644140425 Unit: 6009644140428



Endorsed by HSFSA First Mayo (endorsed by CANSA)

- Plant based**
(allergen & naturally gluten free)
- Made with Canola Oil**
- Very High in Omega 3**
- Deliciously rich with a subtle flavour**

CODE	DESCRIPTION	BARCODES
MAY105	B-well Thick & Creamy Mayonnaise (20L) Pallet Config 36 buckets per pallet (12x3)	Unit: 6009644140534
MAY114	B-well Thick & Creamy Mayonnaise (2x3kg) Pallet Config 112 cases per pallet (28x4)	Box: 26009644140392 Unit: 6009644140398
MAY103	B-well Thick & Creamy Mayonnaise (6x740g) Pallet Config 182 cases per pallet (26x7)	Box: 16009644140418 Unit: 6009644140411
MAY104	B-well Thick & Creamy Mayonnaise (6x370g) Pallet Config 320 cases per pallet (32x10)	Box: 16009644140432 Unit: 6009644140435



Endorsed by HSFSA

- 47% Less fat than B-well Tangy mayo**
- Plant based**
(allergen & naturally gluten free)
- Made with Canola Oil**
- Very high in Omega 3**

CODE	DESCRIPTION	BARCODES
MAY601	B-well Reduced Oil Mayonnaise (6x750g) Pallet Config 182 cases per pallet (26x7)	Box: 16009644141002 Unit: 6009644141005



Endorsed by HSFSA

- Made with Canola & Extra Virgin Olive Oil**
- Plant based**
(allergen & naturally gluten free)
- Soft EVOO taste**
- Very high in Omega 3**

CODE	DESCRIPTION	BARCODES
MAY501	B-well Olive & Canola Mayonnaise (6x740g) Pallet Config 182 cases per pallet (26x7)	Box: 16009644141088 Unit: 6009644141081



- Up to 30% extended frying life with fewer changes**
- Up to 25% cost saving due to less absorption**
- Ideal for deep frying**
(firm, crispy and less oily)
- Less than 11% saturated fat**

CODE	DESCRIPTION	BARCODES
BX014	B-well Chef Oil (20L) Pallet Config 36 buckets per pallet (12x3)	Unit: 6009644140220
402022	B-well Chef Oil (4x4L) Pallet Config 44 cases per pallet (11x4)	Box: 16009644141439 Unit: 6009644141432



Endorsed by HSFSA **CANSA**



Made with Canola Oil



Functional – to prevent sticking



Canola baking spray – light butter flavour



No added preservatives or colourants

CODE	DESCRIPTION	BARCODES
410001	B-well Canola Non-Stick Baking (12x300ml) Pallet Config 145 cases per pallet (29x5)	Box: 16009644140456
		Unit: 6009644140459
410002	B-well Canola Non-Stick Cooking (12x300ml) Pallet Config 145 cases per pallet (29x5)	Box: 16009644140449
		Unit: 6009644140442



Made with Canola Oil



Very high in Omega 3



Plant based – Egg & dairy free



Added beans, carrots & onions

CODE	DESCRIPTION	BARCODES
SS001	B-well Sandwich Spread (9x250g) Pallet Config 80 cases per pallet (20x4)	Box: 26009644141153
		Unit: 6009644141159



Made with Canola Oil



Very high in Omega 3



Plant based – Egg & dairy free



Three flavours

CODE	DESCRIPTION	BARCODES
420004	B-well Dip Cajun Chilli Flavour (12x125g) Pallet Config 80 cases per pallet (20x4)	Box: 16009644141217
		Unit: 6009644141210
420005	B-well Dip Roasted Onion Flavour (12x125g) Pallet Config 80 cases per pallet (20x4)	Box: 16009644141194
		Unit: 6009644141197
420006	B-well Dip Cheddar & Chives Flavour (12x125g) Pallet Config 80 cases per pallet (20x4)	Box: 16009644141200
		Unit: 6009644141203



Locally sourced



Cold extracted



High in monounsaturated fats



Perfect as a dressing over salads



Balanced taste profile

CODE	DESCRIPTION	BARCODES
417001	African Gold Extra Virgin Olive Oil (12x500ml) Pallet Config 100 cases per pallet (25x4)	Box: 16009644141323
		Unit: 6009644141326



Neutral taste



High smoke point



All the benefits of Coconut oil



Ideal for baking & high heat cooking

CODE	DESCRIPTION	BARCODES
416001	Nuts about cooking Coconut Oil (12x1L) Pallet Config 40 cases per pallet (8x5)	Box: 16009900270736
		Unit: 6009900270739



Address:

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