



B-well™

Cook with Canola

LOCALLY MADE, VERY HIGH IN OMEGA-3



APPROVED AS PART OF
THE HEART AND STROKE
FOUNDATION EATING PLAN



Why choose Canola Oil?



Very High in
Omega-3



High Smoke
Point



GMO-Free



Health benefits of Canola Oil?



**Low In
Saturated Fats**

Only contains 7% 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.

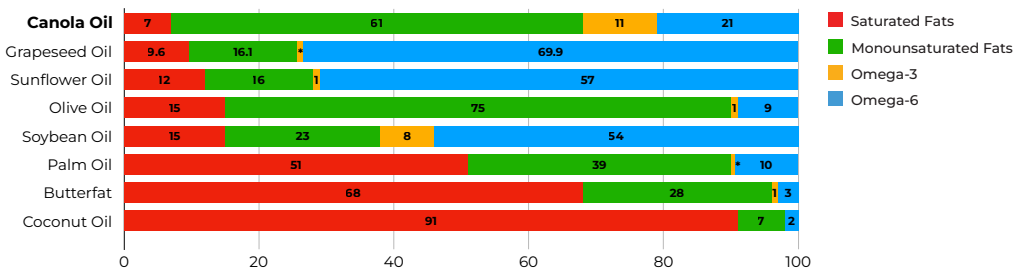


Balanced Nutrition

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.

Comparing Fats in Common Cooking Oils

In comparison to other edible oils, canola oil is low in saturated fats and balanced in Omega-6 and Omega-3, supporting heart-healthy cooking.



CONNECT WITH US



✉ info@bwellfoods.co.za

🌐 bwellfoods.co.za