

Why I Use Omega Nutrition Oils with the Omega Flo Process

As you might know, light causes the most damage in unrefined oils. Clear, green and even amber glass bottles do not offer complete protection from the transmission of light. Why accept 45% protection, when Omega Nutrition offers 100%? Metal containers block out light, but metal can assist the breakdown of oil, so they are not recommended.

Omega Nutrition chose premium food grade HDPE (high density polyethylene) offering 100% exclusion of light. Not all plastics are created equal. HDPE is environmentally friendly and recyclable. It does not contain BPA (bisphenol-A) phthalates or nonylphenols.

Additional frequently asked questions about Omega brand oils:

1) Are there additives in Omega brand oils?

Omega Nutrition's oils are made from cold-pressed organic nuts and seeds with no additives or preservatives.

2) Does Omega Nutrition avoid the use Genetically Modified Organisms (GMOs)?

Omega Nutrition is in continual contact with the farmers who supply us with nuts and seeds to ensure that their crops are completely GMO-free. At this time organic crops are free of GMO seeds.

3) Are your products certified Kosher?

Yes, the majority of our products are Kosher certified. Please check the certification status of each product prior to ordering.

4) Who is responsible for certification of organic oils?

Omega Nutrition's organic oils are certified by QAI - Quality Assurance International.

5) How do you certify organic? What are the guidelines?

Omega Nutrition works with QAI - Quality Assurance International to ensure that our oils qualify as certified organic. To begin the process we purchase all our organic products from organic certified farmers. When seeking certification, organic agencies meet with the farmers and Omega Nutrition's manufacturing facility is inspected. The organic certification process is undergone on an annual basis.

6) Why are Omega Nutrition oils packed in opaque bottles?

If you can see the oil in a bottle, so can light. Light, more than any other element, causes the most damage to unrefined oil on the retail shelf. Proper packaging is, therefore, imperative. Omega Nutrition's uses opaque HDPE containers to protect the integrity of the EFAs inside. We use inert gas (non-reactive with oil) to create an oxygen-free environment during the manufacturing and bottling process. Please see the omega flo process below for more information.

The omegaflo® Process - Detail

The omegaflo® Process - shown on the right - is our proprietary method for producing the best unrefined, certified-organic oils of premium quality and exceptional taste. **Click here** to see a comparison flowchart of refined oils versus organic oils.

The omegaflo® Difference:

- **A Unique, Cold-pressed Extraction Process**

The omegaflo® process was developed to manufacture unrefined, certified-organic oils of premium quality and exceptional taste. We buy organic seeds and nuts that are certified by internationally recognized certifying agencies such as the OCPP/Pro-Cert Canada Inc.

- **Fresh, Organic, Unrefined Oils**

Our seeds and nuts are "fresh" expeller-pressed at low temperatures (30°-33°C/86°-92°F for EFA oils, 30°-43°C/86°-110°F for culinary oils) without exposure to damaging light, oxygen and reactive metals.

- **Premium Taste**

The result: premium-quality oils that taste deliciously like the freshly cracked nuts or seeds they were crushed from.

- **Opaque Protective Packaging**

Omega Nutrition uses inert gas to create this oxygen-free environment during the manufacturing and bottling process. As the name inert gas indicates, the gas does not react with oil. Light, more than any other element, causes the most damage to unrefined oil on the retail shelf. Proper packaging is, therefore, imperative.

- **100% Trans-fatty Acid Free**

Our "live" oils are 100% trans-fatty-acid- (TFA)-free. Because of their freshness and the delicate nature of EFAs, we feel it is the responsibility of the manufacturer to inform consumers how long an oil will last. Which is why we have a "Pressing" and "Best Before" date on the bottle. This will help consumers best obtain their EFAs while the EFAs are still intact.

- **Maintaining the Highest Nutritional Quality**

Omega Nutrition does not use any of the following procedures commonly used during the refining of vegetable oils:

- no preheating and steaming seeds
- no chemical/solvent extraction - no hexane is used
- no bleaching, filtering or deodorizing
- no additives or preservatives

The one exception is our organic coconut oil, which we do not manufacture. This product is expeller pressed and is deodorized to remove the coconut flavor. This additional step does not affect the beneficial lauric acids found in our organic coconut oil.

