

**REAL
PRODUCTS
SPARK
WONDER**





COLD PRESSED
MACADAMIA
OIL

**Unique Selling Point:
A versatile oil that
offers a healthier
alternative.**



750ML

PRICING:

PRICE (Ex VAT)	PRICE (Including VAT)	RRP
750ML - R125	R143,75	R190

PRICING:

PRICE (Ex VAT)	PRICE (Including VAT)	RRP
500ML – R65	R74,75	R99



SQUEEZY
Useful for
Portion Control

500ML



HIGH SMOKE POINT

Macadamia oil smoke point is between 210C & 234C (an oils smoke point is the temperature at which it sends up smoke & gives your food and unpleasant bitter taste)

HIGH MONOSATURATED FAT CONTENT

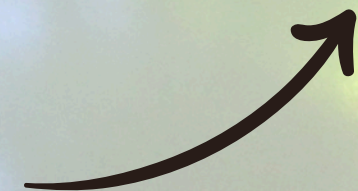
Macadamia oil has the highest monosaturated oil (80%). These are good fats & have been shown to lower cholesterol levels & help your body burn fat easily

EXTREMELY VERSATILE

Its smooth, nutty buttery flavour can be used for roasting, baking, frying and dressing over a salad.



KING OF THE KITCHEN





MACADAMIA CAKE

Mac Oil has the perfect balance of omega 3:6 ratio. making it useful for any disease that is inflammatory in nature such as arthritis and cardiovascular disease.

SUGAR FREE

SODIUM FREE

VEGAN

CHOLESTEROL FREE

VITAMIN E

ADDITIONAL USES:

Macadamia oil is great for your skin and hair. As its a light carrier oil, not leaving a oily residue on your skin. Smooths and shines your hair.

HEALTH BENEFITS OF MACADAMIA NUTS

SUPERFOOD

A nutrient-rich food. Vitamins/minerals, antioxidants & phytonutrients combined with good fats make them a 'superfood'. Help us stay full for a long time without causing a spike in blood sugar. Help us absorb fat-soluble vitamins.

GOOD FAT

Rich in monounsaturated fatty acids (MUFAs) - higher than any other tree nut. Omega 7 & Omega 9 which is known to reduce inflammation, Improve heart function through lowering of 'bad cholesterol' levels. Polyunsaturated fatty acids (PUFAs) in the form of Omega 3 & Omega 6 humans need both however we typically over consume omega 6. The ratio 6:1 found in macadamias is known to be an ideal balance for optimal health.

INFLAMMATION

Helps reduce inflammation through the presence of good fats with a favourable ratio of omega-3 and omega-6 & an array of vitamins and minerals.

Consumption of mac nuts help address inflammation related issues - digestive, brain & heart.

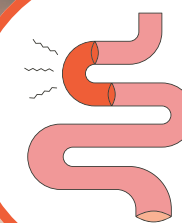
Brain Function



Heart Health



Gut Health



ADDITIONAL INFO

Blinkwater Moon PTY LTD

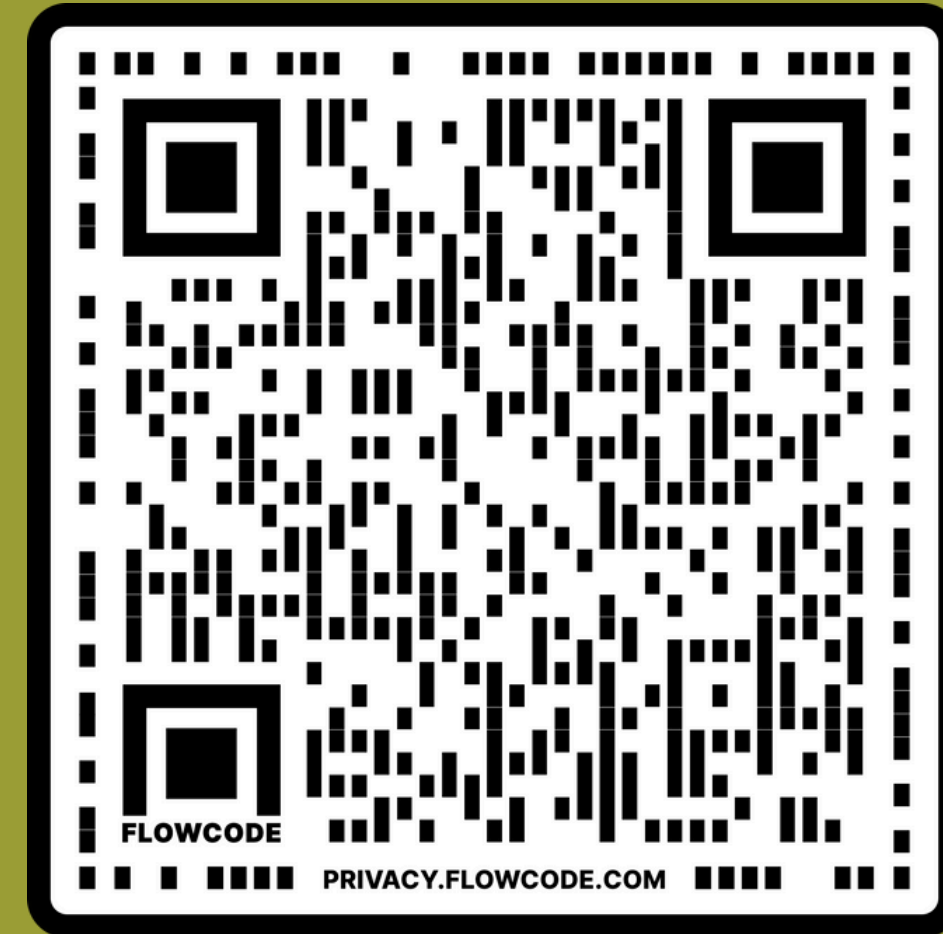
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LINKS:

www.blinkwatermoon.com

[blinkwater_moon](#)



**SCAN ME TO VIEW
WEBSITE**