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# THE BENEFITS AND USES OF AVOCADO OIL

THE JOY THAT HAS TASTE



# Avocado Oil:

## *Health Benefits:*

### Vitamin



#### **B12**

It is a nutrient that helps keeping healthy the neurons and blood cells.

It also helps to the elaboration of DNA, the genetic material that's found on all the cells

It prevents a type of anemia as well, named megaloblastic anemia, that provokes weariness and weakness in people.

**\*Ref.1**

#### **A**

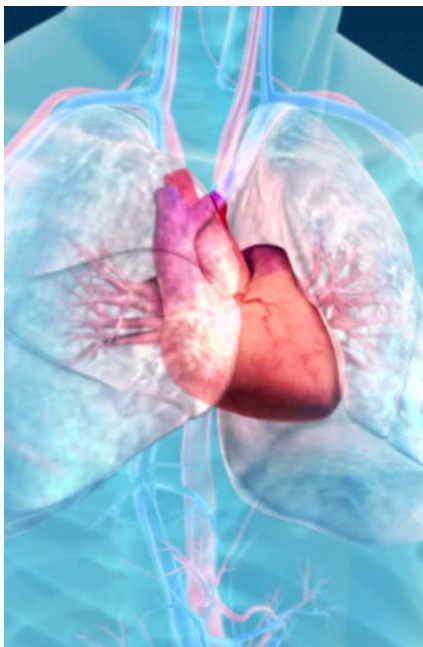
Vitamin A, also known as retinol, it's essential to the formation of the visual purpura on the retina, which allow us to see in the dark.

Beta carotene, a precursor of vitamin A that it's found on vegetables, has antioxidant properties, which means it protects the cells from the daily toxic damage of the oxidation.

**\*Ref.2**



# Omega 3 y 6



## linoleic ( Omega 3 )

It's important to the prevention of cardiovascular diseases, it has antithrombotic and antiarrhythmic effects, it increases the bleeding time avoiding the adherence of platelets in the arteries, it prevents the atherosclerosis by reducing the cholesterol concentrations in the plasma, given the fact that they contribute, and decrease total cholesterol and VLDL-C.

The AG W-3 are essential to have a proper development and operation of the brain and the nervous system. They concentrate on the retina and the cerebral cortex, they have the ability to correct visual and cerebral issues in patients with showed deficiency. Many aspects of cognition, anxiety, learning ability, memory, retinal function; are favored with the consume of the AG W-3.

**\*Ref. 3**



# Avocado Oil

## *Kitchen applications*

For cooking there is no better oil that takes care of the well-being of your family.

Avocado oil also has a smoke point; superior to the olive oil, and some others.

Olive oil (210°G ) vs Avocado oil (260° G)

It can be useful to your:

- Salads
- Dip
- Vinaigrettes
- Fry
- Grilling meat

The uses it has on the kitchen are endless, it's also an excellent partner to your table.





# Avocado oil

## *Domestic use*

It protects your skin, softens, hydrates, regenerates, strengthens and gives it elasticity. It's mostly used on cosmetics anti-aging. It's ideal for fragile and parched skins. It hydrates and nourishes parched skins, it protects the skin from the cold air, and if you use the pure oil it can be used as a sunscreen, but it has to be mixed with olive oil to get a better protection, because by itself it doesn't protect you from the sun rays; and you have to avoid the long exposures and the central hours of the day. It's adequate for **sensible skins** since it's a soft vegetable oil. Since it's very moisturizing it's adequate to the care of hands and feet, this to avoid cracks and hardness on the skin.

It can be used as a lip balm, either is pure and directly applied on the lips, or as another ingredient on some cream or balm

### BENEFITS OF THE AVOCADO OIL ON THE HAIR

The strengthening properties and the ones that speed up the growth, make this oil a perfect ally on the care of the hair.

It's usually used on dry hair and dull. Also on the hair that tends to fall.

You can either use it directly or take advantage of the hair cosmetics, like shampoos, balms or masks that contain the avocado oil on its composition.

**\*Ref.4**

# Bibliographic References

## **Reference 0**

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## **Reference 1**

Office of Dietary Supplements - Vitamina B12. (2016, 17 febrero). U.S. Department of Health & Human Services > National Institutes of Health.

<https://ods.od.nih.gov/factsheets/VitaminB12-DatosEnEspañol/#:%7E:text=La%20vitamina%20B12%20es%20un,y%20debilidad%20en%20las%20personas.>

## **Reference 2**

D.T.I. (2019, 2 febrero). Beneficios de la vitamina A. Biblioteca Nacional de Medicina de los EE. UU. (medlineplus.gov).

[https://medlineplus.gov/spanish/ency/esp\\_imagepages/18096.htm#:%7E:text=E,l%20betacaroteno%2C%20precursor%20de%20la,t%C3%B3xico%20diario%20de%20la%20oxidaci%C3%B3n.](https://medlineplus.gov/spanish/ency/esp_imagepages/18096.htm#:%7E:text=E,l%20betacaroteno%2C%20precursor%20de%20la,t%C3%B3xico%20diario%20de%20la%20oxidaci%C3%B3n.)

## **Reference 3**

Castro González, M. I. (2001, 25 julio). Ácidos grasos omega 3: beneficios y fuentes. SciELO. [http://ve.scielo.org/scielo.php?pid=S0378-18442002000300005&script=sci\\_arttext](http://ve.scielo.org/scielo.php?pid=S0378-18442002000300005&script=sci_arttext)

## **Reference 4**

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[Aguaca.html#:%7E:text=BENEFICIOS%20DEL%20ACEITE%20DE%20AGUACATE%20PARA%20LA%20PIEL,y%20nutre%20las%20pieles%20secas.](https://www.albanatur.com/blog/116-Propiedades-y-beneficios-del-Aceite-de-Aguaca.html#:%7E:text=BENEFICIOS%20DEL%20ACEITE%20DE%20AGUACATE%20PARA%20LA%20PIEL,y%20nutre%20las%20pieles%20secas.)



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# DATA SHEET



# Nutrition Declaration

**Energy content per container:**

**6500 kcal**

Portion size:

100ml.

Servings per container:

7.5

**Energetic content**

**867 Kcal**

Total Fats (Lipids):

93.3 g

**Saturated Fat:**

**13.3 g**

**Trans fat:**

**0 mg**

**Monounsaturated Fat:**

**66.6 g**

**Polyunsaturated Fat:**

**13.2 g**

Cholesterol

0 mg

Sodium

0 mg

Available Carbohydrates

0 mg

**Sugars**

**13.3 g**

**Added Sugar:**

**13.3 g**

Dietary fiber

0 mg

Protein

0 mg



# Certificates



# Presentations

## 250 ML Bottle- Dikeroil - Pure Avocado Oil



**Number of bottles per box:**

24 pieces

**Number of bottles per box:**

78 Boxes per Pallet

## 750 ML Bottle- Dikeroil - Pure Avocado Oil



**Number of bottles per box:**

12 pieces

**Number of bottles per box:**

78 boxes per pallet

We are your business partner in Mexico

## EXPORTING MEXICAN PRODUCTS

Either you are a small company or big company, ours can make a product get from Mexico to any part of the world. We can send any product: Avocado oil, tequila, beer; mineral or agricultural.

**Let's start right now  
and let us be the  
best thing that has  
happened to your  
business**

Welcome, we are your best option to do business safely with products and materials made in Mexico, we have many payment options in different currencies.

We can sell you on terms and conditions of payment EXW, FOB, CIF and CFR.



### Avocado Oil

We are international distributors of the Dikeroil brand, we also manufacture avocado oil in white label bottles and in bulk.



### Food

We handle many frozen food: Guacamole, diced avocado, chicken meat, chicken legs, pork; whole tuna or tuna loin; octopus, shrimp and other shellfish



### Beer

We handle beer from the most important production houses, Cerveza Moctezuma and Grupo Modelo. Craft beer brands.



### Agaves y Tequilas

We handle and distribute brands in all their presentations:  
- José Cuervo - Don Ramon  
You can make a white label in mezcal

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