

# Sacha inchi oil

The maximum amount of unsaturated fatty acids in an oil



Sacha Inchi Oil has the highest content of polyunsaturated fatty acids of all vegetable oils and is still very stable. It is also rich in the health-promoting fatty acid Omega 3. Despite its several thousand year history, it has only now become known in Europe as superfood.

## Qualities & Usage

We carry Sacha inchi oil in the following qualities for you

Art.-Nr.	Quality	Cosmetics	Food	Pharmaceutics
330020	Sacha Inchi oil cold pressed	Yes	Yes	
330320	Organic sacha inchi oil cold pressed	Yes	Yes	



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## The Inca nut

Sacha Inchi oil is extracted from the Inca nut, also called peanut and mountain peanut. The Inca nut belongs to the spurge family and is a perennial climbing plant with hairy leaves. It grows on a grass-green, herbaceous climbing plant that quickly reaches a height of several meters. The fruits have a diameter of 3 to 5 cm, are star-shaped and initially grass-green. When they reach maturity, the colour changes from grass green to dark brown. Then the fruit pops open and the star-shaped, star-anise-like, hard-shelled nut appears. The nut contains four to six seed capsules, each containing one seed. After the nuts have been harvested by hand and dried in the sun, the seed capsules burst open and the flat round nut kernel with a dark brown shell and pure white interior falls out.

The plant thrives best at temperatures between 10°C and 36°C. The plant also needs enough water, which is why it grows mainly near rivers. Under good conditions, the seed germinates two weeks after sowing. Three to five months later the plant starts to flower.



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## Cultivation & yield

The Inca nut grows in the headwaters of the Amazon 1000 - 2000 m above sea level, mainly in Peru. It is also cultivated in South-East Asia.

## Background / history

The plant originally comes from tropical, northern South America, where it has been revered for its high nutritional value for over 3000 years.

The name Sacha Inchi comes from the Peruvian natives and means "hill peanut". Indigenous tribes of the Peruvian Andes still use the oil as a cosmetic. They mix it with flour and use it for muscle ache and rheumatic complaints.



# Sacha Inchi oil

cold pressed

**Article number:**

330020

**INCI name:**

Plukenetia Volubilis Seed Oil

**Botanical name:**

Plukenetia Volubilis L.

**Usage:**

Cosmetics, Food

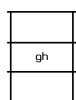
**Certificates:**

NATRUE

**Origin:**

Our cold pressed Sacha Inchi oil comes 100% from Peru.

## Our packaging



190 kg Drum



27 kg Canister

**General durability:**

canister 12 months, drum 18 months



# Sacha Inchi oil

cold pressed

## Nutritional values & composition

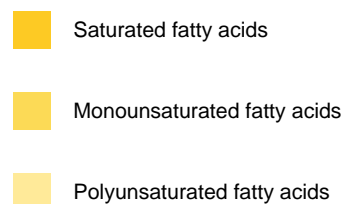
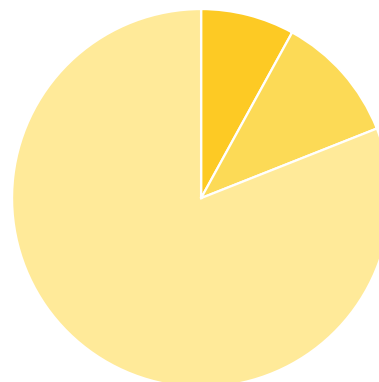
### Nutritional value (per 100g)

Energy	3,700 kJ / 900 kcal
Fat	100 g
Saturated fatty acids	8 g
Monounsaturated fatty acids	11 g
Polyunsaturated fatty acids	81 g

### Composition

C18:1 Oleic acid	min. 10 %
C18:2 Linoleic acid	min. 31 %
C18:3 Linolenic acid	min. 40 %

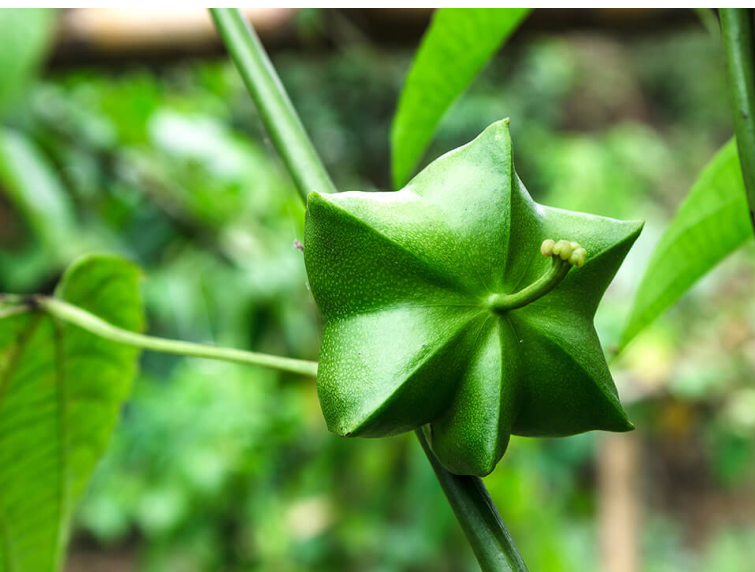
### Fatty acids ratio





# Sacha Inchi oil

cold pressed



## Production & description

Sacha Inchi Oil is the oil obtained by cold expression from the seeds of the Inca Peanut (*Plukenetia Volubilis* L.) growing in the Amazon region.

Sacha Inchi oil cold pressed is a yellow to greenish liquid with characteristic odour and taste. Very slightly soluble in alcohol, miscible with light petroleum.



# Sacha Inchi oil

cold pressed

Gustav Heess

## Sacha Inchi oil cold pressed

The Inca nuts dried in the sun are processed into oil by cold pressing.

This is a gentle process to preserve the valuable polyunsaturated fatty acids.



# Sacha Inchi oil

cold pressed

## Usage

In the cosmetics industry Sacha Inchi oil can be used especially for the care of inflammatory and dry skin, as well as dry hair, because it is a slow-spreading oil. It helps in regeneration and contributes to the protection of the natural matrix.

Despite the high content of unsaturated fatty acids the oil is also fortunately relatively stable against oxidation. This is due to the tocopherol (vitamin E) content, which is also very high and whose antioxidant effect ensures a good shelf life.

Its range of application extends from its use as a special kind of edible oil for cold dishes, e.g. salad dressings, sauces etc., to its use as a component of functional food. It is excellently suited for omega-3 enrichment in food and meals without negatively influencing shelf life or taste.

### Cosmetics

### Food





# Sacha Inchi oil

cold pressed



## Sustainability & responsibility

Gustav Heess works together with a non-profit cooperative from the Amazon, which aims to improve the quality of life of rural farmers and to preserve it. In addition, this project is intended to promote reforestation as well as sustainable and alternative cultivation in the Amazon.



# Organic sacha inchi oil

cold pressed

**Article number:**

330320

**INCI name:**

Plukenetia Volubilis Seed Oil

**Botanical name:**

Plukenetia Volubilis L.

**Usage:**

Cosmetics, Food

**Certificates:**

EU organic, NOP

**Origin:**

Our cold pressed Sacha Inchi oil organic comes 100% from Peru.

## Our packaging



190 kg Drum



27 kg Canister

**General durability:**

canister 12 months, drum 18 months



# Organic sachai oil

cold pressed

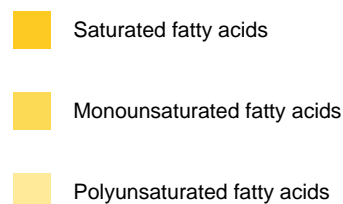
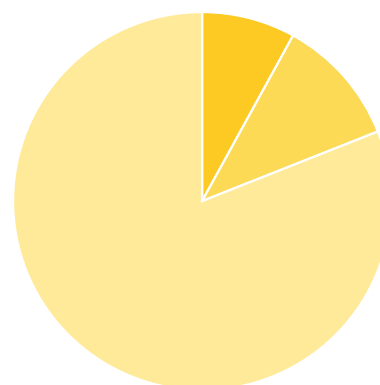
## Nutritional values & composition

Nutritional value	(per 100g)
Energy	3,700 kJ / 900 kcal
Fat	100 g
Saturated fatty acids	8 g
Monounsaturated fatty acids	11 g
Polyunsaturated fatty acids	81 g

### Composition

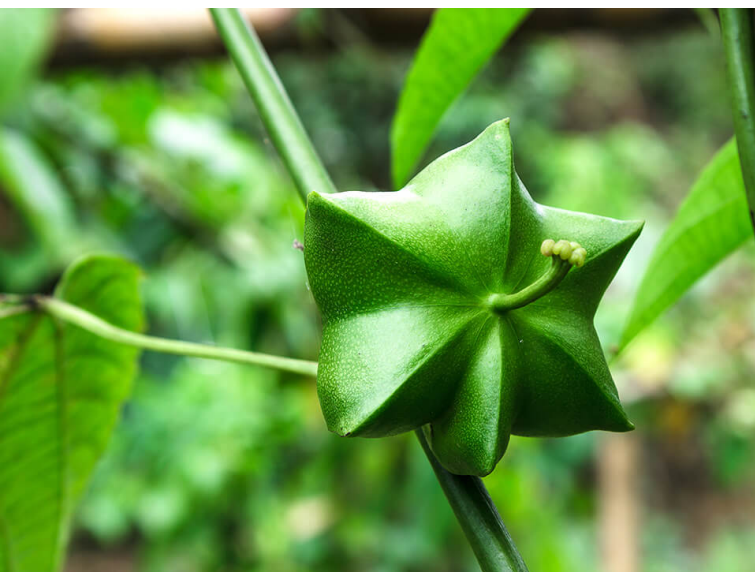
C18:1 Oleic acid	min. 10 %
C18:2 Linoleic acid	min. 31 %
C18:3 Linolenic acid	min. 40 %

Fatty acids ratio



# Organic sacha inchi oil

cold pressed



## Production & description

Sacha Inchi Oil organic is obtained by cold expression from the organic seeds of the Inca Peanut (*Pulkenetia Volubilis* L.) growing in the Amazon region.

Sacha Inchi Oil cold pressed organic is a yellow to greenish liquid with characteristic odour and taste. Very slightly soluble in alcohol, miscible with light petroleum.



# Organic sachai inchi oil

cold pressed

Gustav Heess

## Organic sachai inchi oil cold pressed

The sun-dried organic Inca nuts are processed into oil by cold pressing.

This is a gentle process to preserve the valuable polyunsaturated fatty acids.



# Organic sacha inchi oil

cold pressed

## Usage

In the cosmetics industry it can be used especially for the care of inflammatory and dry skin, as well as dry hair, because it is a slow-spreading oil. It helps in regeneration and contributes to the protection of the natural matrix.

Despite the high content of unsaturated fatty acids the oil is also fortunately relatively stable against oxidation. This is due to the tocopherol (vitamin E) content, which is also very high and whose antioxidant effect ensures a good shelf life.

The range of Sacha Inchi Oil cold pressed organic extends from its use as an edible oil of a special kind for cold cooking, e.g. salad dressings, sauces etc., to its use as a component of functional food. It is excellently suited for omega-3 enrichment in food and meals without negatively influencing shelf life or taste.

### Cosmetics

### Food





# Organic sacha inchi oil

cold pressed



## Sustainability & responsibility

Gustav Heess works together with a non-profit cooperative from the Amazon, which aims to improve the quality of life of rural farmers and to preserve it. In addition, this project is intended to promote reforestation as well as sustainable and alternative cultivation in the Amazon.

