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# ABEER® & FARAH® CANOLA OIL PRODUCTS

# Abeer® & Farah® Canola Oil Products

Product Name	Packaging	Dimensions (CM)	Barcode
Abeer® Canola Oil 14 Liter - Tin	1	W = 22   D = 22   H = 32.5	<a href="#">6253010607149</a>
Abeer® Canola Oil 9 Liter - Tin	1	W = 18.5   D = 18.5   H = 29.5	<a href="#">6253010607095</a>
Abeer® Canola Oil 8 Liter - Tin	1	W = 20   D = 20   H = 23.7	<a href="#">6253010607088</a>
Abeer® Canola Oil 3.5 Liter - Tin	1	W= 16  D= 16  H= 18.3	<a href="#">6253010607354</a>
Farah® Canola Oil 5 Liter - Carton	4	W = 42   D = 21.5   H = 41.5	<a href="#">6253010617056</a>
Farah® Canola Oil 2.7 Liter - Carton	6	W= 18.4   D= 33.6   H= 35.1	6253010627178
Farah® Canola Oil 1.8 Liter - Carton	6	W = 28   D = 25.5   H = 31.5	<a href="#">6253010627185</a>
Farah® Canola Oil 1.6 Liter - Carton	6	W= 26   D= 28   H= 31.5	6253010627161
Farah® Canola Oil 1.5 Liter - Carton	6	W = 25   L = 260   H = 31.7	6253010627154

# Abeer® & Farah® Canola Oil



## **Abeer® Canola Oil**

**Ingredients:** Canola Oil, Anti-Oxidant (E319).

**Available sizes:** 14 Liter (Tin), 9 Liter (Tin).



## **Farah® Canola Oil**

**Ingredients:** Canola Oil, Anti-Oxidant (E319).

**Available sizes:** 5 Liter (HDPE Gallon), 3.5 Liter (PET Gallon), 1.8 Liter (PET Gallon).



Abeer® and Farah® Canola Oil are extracted from the seed of the canola plant, which is a cultivar of the rapeseed plant, they naturally contain Omega-3, Omega-6, Vitamin E, and Vitamin K.

## **Benefits of Abeer® and Farah® Canola Oil:**

- It does not contain a high level of erucic acid.
- It has a high level of monounsaturated fatty acid. These acids reduce the risk of heart and cardiovascular diseases.
- It also provides a significant amount of Omega-3 fatty acid that may increase the level of HDL cholesterol in the body.
- It contains high levels of plant sterols especially beta-sitosterol, campesterol that inhibit the absorption of cholesterol in the gut and thus may help lower the risk of heart disease.
- It contains a small quantity of saturated fatty acid, which is much lower than the amount found in other cooking oils.

## **Uses of Abeer® and Farah® Canola Oil:**

- **Baking:** perfect for baking and cooking,
- **Dressings:** used for different dressings.

Watch our marketing videos [here](#).



# Nutrition Facts

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	(15g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 0.99g	<b>5%</b>
Trans Fat 0g	
Polyunsaturated Fat 4.144g	
Monounsaturated Fat 8.246g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
Vitamin C 2mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

# Product Allergenicity

As per FDA regulations, this product is free from the most common food allergens, including milk, peanuts, eggs, fish, crustacean shellfish, soy, tree nuts, and wheat.

# Storage Conditions

Keep away from direct sunlight, heat source, and humidity.

# Certifications

- [FSSC 22000](#) Certified Facility,
- Tested in [ISO 17025 Lab](#) ([Chemical and Physical Testing of Vegetable Oils and Vegetable Ghee](#)),
- [ISO 22000](#), [HACCP 2022](#), [ISO 9001](#) Certified Facility,
- Halal Certified Facility.

# TDS and MSDS

Kindly reach out to our quality control department using the email below:

[quality.control@aqabavegoil.com](mailto:quality.control@aqabavegoil.com)



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Vegetable  
Oils  
[www.aqabavegoil.com](http://www.aqabavegoil.com)

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○ “Providing you with great  
Products since 1992”

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