



- + . **ABEER® & FARAH®**
- **SOYBEAN OIL**
- PRODUCTS**

Abeer® & Farah® Soybean Oil Products

Product Name	Packaging	Dimensions (CM)	Barcode
Abeer® Soybean Oil 18 Liter - Tin	1	W = 23.5 D = 23.5 H = 34.5	6253010604186
Abeer® Soybean Oil 14 Liter - Tin	1	W = 22 D = 22 H = 32.5	6253010641488
Abeer® Soybean Oil 12 Liter - Tin	1	W= 21.5 D= 21.5 H= 30	6253010604124
Abeer® Soybean Oil 9 Liter - Tin	1	W = 18.5 D = 18.5 H = 29.5	6253010604094
Abeer® Soybean Oil 8 Liter - Tin	1	W = 20 D = 20 H = 23.7	6253010604087
Abeer® Soybean Oil 4 Liter - Tin	1	W = 16 D = 16 H = 18.5	6253010604049
Farah® Soya Oil 5 Liter - Carton	4	W = 42 D = 21.5 H = 41.5	6253010614055
Farah® Soya Oil 3 Liter - Carton	4	W =20.3 L = 32.3 H =36	6253010624030
Farah® Soya Oil 1.8 Liter - Carton	6	W= 28 D= 25.5 H= 31.5	6253010624184
Farah® Soya Oil 1.6 Liter - Carton	6	W = 27.7 D = 25.5 H = 30.6	6253010624160
Farah® Soya Oil 1.5 Liter - Carton	6	W = 25 L = 26 H = 31.7	6253010624153
Farah® Soya Oil 0.5 Liter - Carton	12	W = 29 L = 22.5 H = 21	6253010624054

Abeer® & Farah® Soybean Oil



Abeer® Soybean Oil

Ingredients: Soybean Oil,
Antioxidant (E319).

Available sizes: 18 Liter (Tin), 14
Liter (Tin), 9 Liter (Tin), 4 Liter
(Tin).



Farah® Soya Oil

Ingredients: Soybean Oil,
Antioxidant (E319).

Available sizes: 5 Liter (HDPE
Gallon), 1.8 Liter (PET Gallon), 1.5
Liter (PET Gallon), 500 ml (PET
Gallon).



Abeer® and Farah® Soybean Oil
are extracted from whole
soybeans and naturally contain
Omega-3, Vitamin E, and Vitamin
K.

Supportive but not conclusive scientific evidence suggests that eating about 1 ½ tablespoons (20.5 grams) daily of soybean oil, which contains unsaturated fat, may reduce the risk of coronary heart disease. To achieve this possible benefit, soybean oil is to replace saturated fat and not increase the total number of calories you eat in a day. One serving of this product contains 14 grams of soybean oil. (* FDA Authorized Health Claim for Soy Oil)*

Benefits of Abeer® and Farah® Soybean Oil:

- It contains vitamins E & K. These fat-soluble vitamins have a therapeutic effect on the body.
- It contains folic acid and choline, both of which improve the normal functioning of the brain cells.
- It prevents the accumulation of cholesterol in blood vessels.
- It has a good source of beta-sito sterol, which blocks the receptors from absorbing cholesterol in the blood.
- It has a good source of Omega -3 fatty acid.

Uses of Abeer® and Farah® Soybean Oil:

- Baking: baking bread, potato chips, desserts, and other baked goods due to its high smoke point.
- Dressings: preparing mayonnaise and whipped toppings, as well as making different salad dressings.

Soybean Oil and Heart Health:

- Supportive but not conclusive scientific evidence suggests that eating about 1 ½ tablespoons (20.5 grams) daily of soybean oil, which contains unsaturated fat, may reduce the risk of coronary heart disease. To achieve this possible benefit, soybean oil is to replace saturated fat and not increase the total number of calories you eat in a day. One serving of this product contains 14 grams of soybean oil.* (* FDA Authorized Health Claim for Soy Oil)
- The omega-3 fat in soybean may also help to lower heart disease.

Soybean Oil and Allergenicity:

- Highly refined soybean oil does not cause allergic reactions in soy-allergic individuals.* (* The U.S. Food Allergen Labeling & Consumer Protection Act, which mandates labeling of all ingredients derived from commonly allergenic foods, exempts highly refined oils.)

Soybean Oil Nutritional Profile:

- Soybean oil is comprised of 12-15 percent saturated fat,
- 22-30 percent monosaturated fat, and 55-58 percent polyunsaturated fatty acids,
- Soybean oil is a source of vitamin E.



Nutrition Facts

Nutrition Facts

1 servings per container	
Serving size	(15g)
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 2.1g	11%
Trans Fat 0.1g	
Polyunsaturated Fat 7.3g	
Monounsaturated Fat 3.1g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
Vitamin E 1.1mg	8%
Vitamin K 24.8mcg	20%

* 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

Highly refined soybean oil does not cause allergic reactions in soy-allergic individuals.*

* The U.S. Food Allergen Labeling & Consumer Protection Act, which mandates labeling of all ingredients derived from commonly allergenic foods, exempts highly refined oils.

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



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Oils
www.aqabavegoil.com

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○ “Providing you with great
Products since 1992”

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