

# BRAEHEAD FOODS

MACKINTOSH EXTRA VIRGIN "COLD PRESSED" RAPESEED OIL IS ALL GROWN, PRESSED AND BOTTLED ON THE FAMILY FARM IN GLENDAVENY, ABERDEENSHIRE.



With only 6% saturated fat (lowest levels of any other oil on the market) and rich in omega 3, 6 and 9 content it's a healthier alternative to Olive oil and is proven to help with lowering cholesterol. All the natural goodness, golden colour and great taste are retained in the oil as nothing is added to it and nothing taken away. It is just simply 100% pure healthy home grown oil, pressed and bottled on the family farm. "Cold pressed" is the key! Mackintosh cold press the rapeseed, gently extracting the oil, retaining all of the natural goodness from seed to bottle. With a high smoke point of 230 degrees, Mackintosh oil is an ideal accompaniment for all cooking types.

MACKINTOSH  
OF GLENDAVENY

2071: RAPESEED OIL 500ML £3.79  
12379: CHILLI FLAVOURED OIL 500ML £3.63  
12380: GARLIC FLAVOURED OIL 500ML £3.63  
12381: LEMON FLAVOURED OIL 500ML £3.63

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[www.braeheadfoods.co.uk](http://www.braeheadfoods.co.uk) | 01563 550008