

Pumpkin Seed Oil



ONE QUART. Premium, certified organic, first-pressed pumpkin seed oil made in small batches.

Rating: Not Rated Yet

Price

Sales price \$32.00

Discount

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Manufacturer [Manufacturer](#)

Description

Premium Certified Organic First Pressed Oil!

Certified Organic Pumpkin Seed Oil. First-pressed, premium certified organic oil made in small batches.

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Pumpkin seeds contain approximately 30–50% oil. **Pumpkin oil** is not a widely known oil, but it is remarkably nutritious with many great health benefits. It contains both essential fatty acids Omega-3 and Omega-6 as well as other nutritional fatty acids including Omega-9 (oleic),

stearic, palmitic, and Gamma-linolenic (GLA) acid. Its Omega-3 (linolenic acid) profile is very high at 55%, thus it has strong anti-inflammatory and moisturizing properties which is beneficial for joint functions and skin repair. Its Omega-9 content at 24%, palmitic acid at 12%, and stearic acid at 5%, add to its moisturizing and cellular lubricating benefits. It is used for anti-aging skin care and for healthy, shiny hair. Like hemp, it is good for healing wounds, especially burns.

Pumpkin oil has a high antioxidant capacity, containing Vitamin E (as mixed tocopherols) and some important carotenoids. It has a surprisingly high protein content, approximately 30%, which builds cellular strength and provides endurance. Additionally, it contains some fiber, carbohydrates, and trace minerals at approximately 5%, being particularly rich in magnesium (also energy-enhancing in the ATP cycle), zinc (immune support), and has naturally occurring tryptophan which helps with provide a good night's sleep. Pumpkin oil supports fat breakdown, nourishes and heals the digestive tract, and also helps with circulation, liver, and kidney functions. **Pumpkin oil** helps keep cholesterol levels in balance.

Pumpkin oil is probably best known for maintaining healthy male and female reproductive systems, as it is hormone balancing. It is also recognized as being helpful to the prostate gland (again, its zinc content) and to the urinary tract, so aids bladder functioning. It is an antiparasitic and anti-arthritis. Studies have shown that it can help fight diabetes.

About 6 lbs of organic pumpkin seeds are pressed to make 1 qt of oil. Our pumpkin oil comes from Asia.