

ITALIAN BLACK OLIVE IN OIL

- The antioxidant nutrients in Black Olives impeded this oxidation of cholesterol; thereby helping to prevent heart disease.
- Are a good source of mono unsaturated and also a natural source of Vitamin E.
- These olives possess anti-bacterial and anti-fungal antioxidants.
- They help stimulate the immune system.
- Most Mediterranean's owe their smooth complexion to consumption of olives, which figure heavily in their diet. Olives aid in maintaining healthy, supple skin due to healthy oils found in it.

PACKING DETAILS

Weight	10Kg
Units/ Case	10Kg/ Drum
Cases/ Pallet	48
Shelf-life	12 Months
Pack Language	English & Arabic



NUTRITION FACTS:

Calories	116
Water	80%
Calcium	88mg
Iron	6.28mg
Magnesium	4mg
Potassium	8mg
Sodium	735mg
Zinc	0.22mg
Copper	0.25mg

INGREDIENTS:

Italian Black Olive	Soya Oil
Salt	Lactic Acid
Sodium Metabisulfate	Non-GMO product

STORAGE AND HANDLING

Can be kept at room temperature in a cool and dry place.

Unopened olives may be stored for as long as 12 months.

Transfer the olives from the opened package along with the brine into a glass or plastic bowl. (Please do not place in a metal container for the brine might react negatively with the metal causing poisoning).

Cover with cling film and then store under refrigerated conditions.