



**cold pressed
safflower oil**





HOW IS COLD SAFFLOWER OIL OBTAINED?

Quality safflower seeds are exerted mechanical pressure in special cold press safflower machines 40 °C under the ambient temperature. This exerted mechanical pressure allows the oil in safflower seeds to be released without losing its natural features. Any chemical substance is not used during this process.

SCPR cold press safflower oil is obtained by this method.



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Cold Pressed Safflower Oil

Reduce Weight

Due to the linoleic acid that in its content; the Cold Pressed Safflower Oil breaks up the fat and those who wish to follow a diet can comfortably use this oil. Prof. Dr. Fikret Akinerdem, head of the department of Botanic in Selcuk University Faculty of Agriculture and the President of Turkish Association of Safflower Oil, in its speech, made in this regard, states that the Omega – 6 that is also known as Conjugated Linoleic Acid has fat burning features and further states that it prevents the accumulation of fat tissue.

- Akinerdem underlines that the Cold Pressed Safflower contains more OMEGA – 6 compared to other fat acids, saying "The most important issue today is obesity. In addition, there is diabetes and high cholesterol. Measures should be taken in this regard."
- Akinerdem, who states that the Cold Pressed Safflower is a significant chance for this aim, says the following;
- "Those who wish to lose weight can use the Cold Pressed Safflower in the mornings on empty stomach after mixing it with two spoons of vinegar and honey. As diet oil, it can also be used as a standalone solution on empty stomach. If you perform sports activities for a period of 15-20 minutes after consuming this, if you walk enough to warm your body up, you accelerate the breaking up of the fat in your body. In order for those fat burning acids to function as desired, the exercise is a must. You increase its normal effect, which is %50, to %100 with sportive activities."
- Akinerdem, who underlines that the Cold Pressed Safflower also strengthens the immune system and can be used in meals, salads and frying with comfort, says that the Cold Pressed Safflower does not get spoiled by frying thanks to the fat acids in its content.
- The clinical studies reveal that the Cold Pressed Safflower Oil breaks down the fat tissue around the belly.
- In a study, conducted in Ohio State University in 2009; obese post menopausal women with Diabetes Type II were presented with 8 grams of Cold Pressed Safflower Oil per day and at the end of 16 weeks, 1 to 2 kilograms of fat loss were recorded around the belly of those women.

According to a study, published in American Clinical Nutrition Journal in 2009; the Cold Pressed Safflower Oil increases the production of adiponectin, a hormone, associated with the fat metabolism, therefore it helps fast fat break down.



The history, importance and the areas of use of the Safflower plant in the world

It is suggested that the plant safflower, which is also known as the false saffron, American saffron or shoeshine saffron, which is an annual plant with wide leaves, yellow, red, orange, white and cream colored flowers, which has thorny and non thorny variants, which is resistant to the drought with an average oil ratio of %30-50, is originated from the Southern Asia as it was first cultivated in the southern parts of Asia, in the middle east and Mediterranean countries. It is also indicated that this plant spread from this geography to the rest of the world. It is even asserted that this plant was cultivated in Egypt around 3500 years ago and thus this plant originated from here onwards.

Today the Safflower has a total of 25 wild variant, spread across the world. It is known that its cultivation has been undertaken in China, Japan, India, Egypt and Iran almost since the prehistoric times. In the middle ages, its cultivation took part in Italy, France and Spain and after the continent of America was discovered by the Spanish, it was brought to Mexico then Venezuela and Colombia from therein. Its introduction to USA occurred in 1925 by sea.

The Safflower was cultivated in those aforementioned countries for medical purposes and due to the dye in its flower, for food and fabric dyeing first, then it was cultivated for the oil within its seed.

The oil, extracted from its seeds, is used for cooking purposes and has high quality. The ratio of the unsaturated fat acids, which is very important for human health within Safflower oil is also quite high and is between %90 - 93. This ratio is %86 in sunflower. In recent years, studies on the variants with high oleic acid yield (Omega - 9) gathered speed. Today, species with an oleic acid ratio up to %85 is available. Given that the oleic acid ratio of the olive oil is between %56 - %83; it is clear that the oleic type Cold Pressed Safflower Oil is at least equal to the olive oil in terms of the nutrient value. Just like the other plants containing oil; the oil that is extracted from the Safflower (especially the oleic variants) can be used for producing bio-diesel fuel.

In China, the Safflower plant was cultivated almost solely for its flowers because its flowers were consumed as a herbal tea as they could be utilized for the treatment of various illnesses. The main reason for its consumption in the form of tea is that the flower part contained amino acids, mineral substances and several vitamins such as B1, B12, C and E. The Safflower has been successfully used for medical purposes during the menstruation periods of women, for cardiovascular diseases and for relieving the inflammations and pain that may occur due to trauma. The accuracy of such use were supported by the clinical and laboratory studies as well. The clinical studies indicated that the Safflower decreases the high blood pressure and allows the tissues to absorb more oxygen by increasing the blood flow rate within the veins.

In Afghanistan and India, the tea, made from the leaves of Safflower has been used to prevent miscarriages. The studies, conducted in recent years, reveal the existence of antioxidant substances within Safflower plants. It was further indicated that the yellow colored flowers contain much more antioxidant substances compared to its flowers of other colors and the use of yellow flowers for brewing tea would be much beneficial.

It is reported that in India and Pakistan, almost all parts of the Safflower herb is sold in Herbalists and the Safflower in those regions of the world, is used for the treatment of various illnesses and is further used as an aphrodisiac.

In Middle Eastern countries, India and Africa, the Safflower plant has been used as an antipyretic, as antidote against poisons due to the fact that it induces vomiting and as a lapactic agent against constipation.

In Bangladesh, grinded Safflower seeds are mixed with the mustard oil and the mixture is used as an ointment against the rheumatism.

In addition, the Ethiopia and Sudan, dried Safflower seeds are mixed with chickpea, wheat and barley and are consumed as an appetizer.

In Egypt; the grinded Safflower seeds are consumed by mixing them with sesame.

The Cold Pressed Safflower Oil differs depending on its purpose of use. It may be applied by rubbing it to the skin or can be consumed as a drink as well.

What are the benefits of Cold Pressed Safflower Oil?

- The Cold Pressed Safflower Oil, when used after birth, rapidly decreases the stretch marks on the skin.
- It balances the blood sugar and cholesterol.
- The most widely known effect of the Cold Pressed Safflower Oil is accelerating the weight loss by removing the excess fat from the body.
- By easing the digestion, it prevents constipation.
- It relieves the rheumatism related pain.
- It supports the speeding up the metabolism.
- When applied to the skin once a day, it rejuvenates the skin and thoroughly moisturizes it.
- It prevents arteriosclerosis.
- In many Western Countries, the Cold Pressed Safflower Oil is used as salad oil and mayonnaise.
- It is also used as cooking oil.

The nutrition values in 2.100 grams of Cold Pressed Safflower Oil

- Omega - 6 : 70%
- Omega - 3 : 1-2 %
- Vitamin B- 1 : 0,25 milligrams of Thiamin
- Vitamin B- 2 : 0,01 milligrams of Riboflavin
- Vitamin B- 3 : 0,5 Milligrams of Niacin
- Vitamin E : 310 ppm
- Fibers : 25,1 Grams
- Iodine Index : 150
- Iron : 9,7 Milligrams
- Calcium : 126 Milligrams



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How is the Cold Pressed Safflower Oil used by drinking?

How is the Cold Pressed Safflower Oil used by drinking?

This product is an oil that should be used consumed on empty stomach. If you want to benefit from the Cold Pressed Safflower Oil for the purpose of weight loss, 1 coffee spoon of Cold Pressed Safflower Oil should be consumed 30 minutes prior to the meals.

If you are having hard time to consume the Cold Pressed Safflower Oil orally, you can add 1 coffee spoon of Cold Pressed Safflower Oil to half a glass of warm water. It can also be used in the mornings on empty stomach, mixed with two spoons of vinegar and honey.

How is the Cold Pressed Safflower Oil used by applying to the skin?

If you want to use the Cold Pressed Safflower Oil by applying to the skin, you can get results by applying it to the problematic area twice a day.

Use of Cold Pressed Safflower Oil for Wrinkles

Honey (1 coffee spoon)

Cold Pressed Safflower Oil (6 coffee spoons)

Water (6 coffee spoons)

Wax (1 coffee spoon)

Preparation

Boil the water and Cold Pressed Safflower Oil a bit in a cooker than take it off from the cooker. Add the wax (melt in double boiler water bath style – melting the wax inside the glass jar within the warm water) and the honey and stir it rapidly until you get a creamy viscosity. Put it into a glass jar and let it absorbed by the entire skin and neck with the exception of the eye area.

Use of Cold Pressed Safflower Oil for the hair loss and dull hair

Cold Pressed Safflower Oil (6 coffee spoons)

Application

Keep the Cold Pressed Safflower Oil at low heat until it becomes mild. Thoroughly apply the mild Cold Pressed Safflower Oil to the hair roots with a brush and make massage for 5 minutes. Keep it on the hair for half an hour. After half an hour, clean your hair. Applying the product once in a week would be sufficient for hair care.



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