



SemCo®

C O L D P R E S S E D O I L S



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SemCo is a family company which has been dealing with farming and production for years. It reproduces lost varieties of plants. **Since 1990**, SemCo has been specialising in the production of cold-pressed, non-refined vegetable oils. **In SemCo** particular attention is paid to the raw materials used in the production process. They are selected and controlled with utmost care.

SemCo provides its clients with safe products of the required **quality** and the cold production method used in the company protects all valuable nutrients of oil. **Specialised machines and qualified personnel** allow to quickly adapt the production standards to the requirements of each and every client. **The quality** of our products and services is confirmed by our certificates: FSSC, HACCP, BIO, GMP+.



In 1927, a grandfather of Jerzy Just, the current co-owner of SemCo, launched a press to produce cold-pressed oils, enriching the offering of the flour mill operating in the family household. After 1945, Jerzy's father started to pursue activity in cultivation and seed production of vegetables, herbs and oil crops. Since 1966, Jerzy Just along with his wife Krystyna and his parents has run his own farming and gardening household and, on this basis, he runs SemCo, family company producing cold-pressed oils, natural cosmetics and herbal medicines. In the 1990s, the third generation joined the company: son Marcin with his wife Katarzyna. The fourth generation of the Just family is now preparing to work at SemCo, which will continue to follow the traditions of the Just family.

The cultivation work started by Jerzy's father – Marian – resulted in the registration of own highly efficient cultivar of *Camelina sativa* variete Śmiłowska, characteristic for the Greater Poland region, entered in the Research Centre for Cultivar Testing and EU registers.

SemCo specialises for instance in the first production plantation of *Ginkgo biloba* (maidenhair tree) in Poland. Moreover, our company includes an important

demonstration farm for agricultural schoolers in Greater Poland.

For many years, we have been closely cooperating with the Poznań University of Life Sciences and the Warsaw University of Life Sciences in terms of cultivation and processing of oilseed crops.

The Just family has for years taken part in the life of the Greater Poland Region by participating in social organisations, supporting local initiatives and cultivating local traditions. Therefore, the production of the most well-known, award-winning and TSG-marked Traditional Camelina Oil has continued on the hydraulic press from 1908. The oil produced in this press is characterised by unique taste and the smell of old times.



1932

“We have been a family company for generations.”

DEVELOPMENT



SemCo pays particular attention to developing its employees' competences. The knowledge and development of employees are a significant factor for successful activity of the company. Therefore, all employees are subject to a training schedule, which functions in the entire organisational structure of the company and is adapted to individual requirements of jobs. We are happy that our employees raise their qualifications by studying various majors at universities in Poznań and postgraduate studies at the Poznań University of Life Sciences. What is more, the company supports such activities as raising the competence of employees is key for company growth.

As part of cooperation between SemCo and the Poznań University of Life Sciences a doctoral dissertation is being prepared, the scope of which is milk thistle, particularly the oil and marc resulting from production. This is a plant known for thousands of years thanks to its medicinal properties. Currently it is being rediscovered. The supervisor administrator of the doctoral candidate are the owners of the company, who support and direct him using their experience and knowledge. This is something our company takes pride in as the results of

studies performed at SemCo are presented at Polish and international conferences, e.g. EuroFedLipid in Belfast, and published in scientific journals dealing with science, technology and innovation.

What is an important development part of our company is cooperation with chefs promoting healthy and traditional cuisine. We take part in several dozen events spreading knowledge on a tasty, interesting and healthy preparation of meals with traditional cold-pressed oils sold by us. **We put a strong emphasis on the education of children in terms of a healthy, tasty, diverse and traditional diet.**

We actively use social media, an exceptionally significant tool showing us the development trends and needs of the EU market.

We are constantly modernising and adapting the methods for production of our cold-pressed oils to the effective requirements so that they meet the highest safety standards and the products satisfy our clients. We do it by such means as long-term contracts with farmers, whom we train in the Good Agricultural Practice and the seeds we use are carefully selected for production. The key to perfect quality of cold-pressed oils is the raw material produced in compliance with the highest standards.



“We use the latest technologies.”

We use the most modern technological solutions available on the market and dedicated to our company and we raise the quality standards of our products on a regular basis. This is why we cooperate with the largest European retail chains operating in Poland, e.g. Carrefour, Auchan, Kaufland, Makro, Jeronimo Martins (Biedronka), Intermarche, Aldi.

We constantly cooperate with accredited laboratory Eurofins in the scope of examination of our raw materials and products and we supervise our current production in our own on-site laboratory.

Oils



The Traditional Camelina Oil was entered in the list of traditional products as a Traditional Speciality Guaranteed of the European Union in 2009. This is the only oil in Poland to have this mark. The seeds come from our culture registered in the Research Centre for Cultivar Testing – camelina 'Lnianka Jara Śmiłowska.' It tastes great when combined with salted onion, potatoes, bread, groats, vegetables and various sauces and dressings.

Wild flax, gold-of-pleasure, camelina (*Camelina sativa*): it is an oilseed crop known for 3000 years. Its Polish seeds are used to make excellent oil. The Camelina Oil made in Greater Poland, **cold-pressed, non-refined**, is characterised by spicy flavour with a discernible note of onion and mustard and clean, specific aroma.

High unsaturated fat content in the oil, particularly omega-3 alpha-linolenic acid (ALA): 32 g/100 mL, contributes to the maintenance of normal blood cholesterol. A beneficial effect is achieved by taking 2 g of ALA every day.

Camelina Oil: Oil rich in omega-3 acid, tocopherols (mainly α -tocopherol) and other phenol compounds and antioxidants with antioxidant and anti-inflammatory properties as well as stimulating the immune system¹.



Mikołaj Krzemień and wife from Rokietnica

TSG TRADITIONAL CAMELINA OIL GREATER POLAND CAMELINA OIL



Camelina
is Poland's
oldest oil
seed crop.

“Going back
to tradition...”



250 ml

750 ml

Oils



We have prepared a **non-refined oil** with brilliant taste and smell out of brown linseed (*Linum usitatissimum* L.) using **the cold-pressing method**.

High unsaturated fat content in the oil, particularly omega-3 alpha-linolenic acid (ALA): 49 g/100 mL, contributes to the maintenance of normal blood cholesterol.

A beneficial effect is achieved by taking 2 g of ALA every day.

Flaxseed oil: rich in omega-3 acids, tocopherols, sterols and carotenoids. It is rich in lignans, known for their healthy properties¹.

Flaxseed contains phenol compounds, proteins, carotenoids, anthocyanins, flavonoids, estrogen, vitamin E, vitamin C, proline and fibre. Flaxseeds are a good source of unsaturated fatty acids, mostly omega-6 and omega-3, at the ratio of 0.3 : 1, alpha-linolenic acid, lignans, dietary and protein fibres, minerals and vitamins. Linolenic acid helps reduce the level of cholesterol, LDLT, atherosclerosis and related heart diseases².

We use flaxseeds Jantarol, Opal and Szafir from contracted Polish farmers to press flaxseed oil in our plant. Flaxseed is one of the most popular and most significant vegetable oils. Flaxseed oil contains ca. 84% of unsaturated acids, including 49 g/100 mL of omega-3 alpha-linolenic acid, very important for human health and contributing to the maintenance of normal blood cholesterol. It is a fatty acid which cannot be synthesised by the human body itself and which must be supplied in food.



Paweł Kurczewski from Piaskowo

GREATER POLAND FLAXSEED OIL



84%
unsaturated
fatty acids.

“*Healthy and dietetic.*”



250 ml



750 ml

Oils



We have prepared a **non-refined Flaxseed Oil for Budwig diet** out of brown linseeds using the **cold-pressing method**. It is a crude oil bottled right after it exits the pressing machine. Visible deposit in high amounts comprises healthy plant mucus and remainder, which give the oil a slight bitter taste.

High unsaturated fatty acid content in the oil, particularly omega-3alpha-linolenic acid (ALA): 49g/100mL, contributes to the maintenance of normal blood cholesterol. A beneficial effect is achieved by taking 2 g of ALA every day.

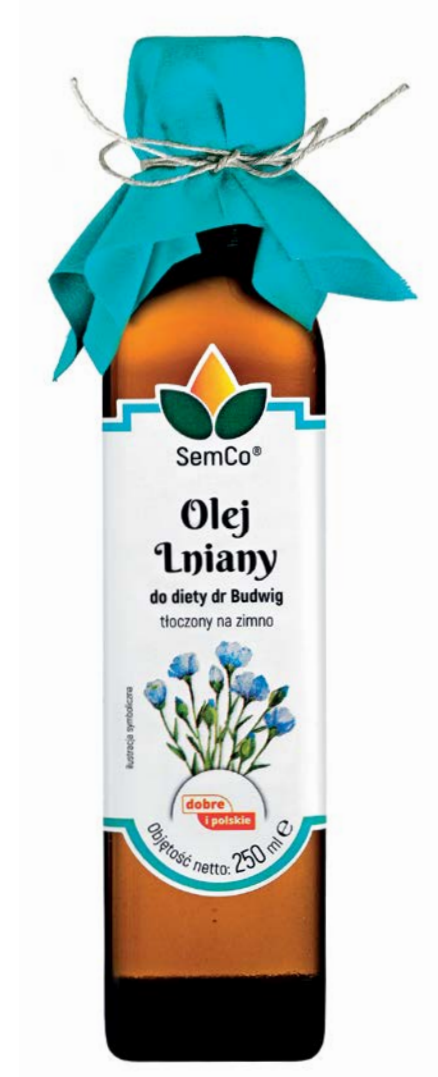


FLAXSEED OIL FOR BUDWIG DIET



Great
source of
omega 3
fatty acids.

*“Helps with reducing
blood cholesterol.”*



Oils



We have prepared a **non-refined oil** with brilliant taste and smell out of golden flaxseed (*Linum flavum* L.), using **the cold-pressing method**. **High unsaturated fat content in the oil:**

84 g/100 mL, contributes to the maintenance of normal blood cholesterol.

Varieties of golden flaxseed are usually used to produce flaxseed oil which is characterised by a taste gentler than the taste of brown flaxseed oil. In the traditional oil, the fat flaxseed flavour is what dominates. On the other hand, some golden flaxseed varieties have a slight flaxseed flavour. It is perfect for potatoes, groats, bread, cheese, fish, herrings, meat, all vegetables and fruit salad and vinaigrettes and dressings.



GOLDEN FLAXSEED OIL



These unrefined oils are cold-pressed at a constant temperature below **38°C**

“It has mild taste.”



250 ml



750 ml

Oils



We have prepared a **non-refined oil** with pleasant taste and smell out of milk thistle seeds (*Silybum marianum* L.), using the **cold-pressing method**.

Milk thistle is a medicinal plant with hepatoprotective effect and contains several compounds, such as flavonoids, with antioxidant properties and properties stabilising the cell membrane and having an optimum effect on hypolipidemia, atherosclerosis and coronary artery disease ².

Milk thistle *Silybum Marianum* is an important industrial plant cultivated in Poland and the entire Europe. It is cultivated for seeds containing bioflavonoids, the most active group of which is silymarin, present in seeds in up to 3%. Oil cold-pressed with the traditional method, from highest quality Polish seeds. Milk thistle is cultivated due to its medicinal properties and aesthetic value. Defatted seeds of milk thistle, which we also have in our product catalogue, contain ca. 2% of silymarin. Both the milk thistle oil and Ground Milk Thistle are a perfect addition to bread, potatoes, groats, vegetable and fruit salads, vinaigrettes and dressings.



MILK THISTLE OIL



It supports liver to function.

“*The strength of oil in its mild taste...*”



250 ml

Oils



We have prepared a **non-refined oil** with a spicy taste out of hempseeds (*Cannabis sativa* L.) using **the cold-pressing method**. **High unsaturated fat content in the oil:** 80 g/100 mL, particularly omega-3 alpha-linolenic acid (ALA): 17 g/100 mL, contributes to the maintenance of normal blood cholesterol. A beneficial effect is achieved by taking 2 g of ALA every day.



HEMPSEED OIL



80 g/100 ml
unsaturated fats.

“Optimal health.”



250 ml

Oils



We produce a non-refined oil out of sunflower seeds (*Helianthus annuus* L.) using **the cold-pressing method**; the oil has a beautiful dark yellow colour, clear sunflower taste and delicate aroma, so typical of sunflower.

High unsaturated fat content in the oil: 81 g/100 mL, contributes to the maintenance of normal blood cholesterol. Due to its delicate smell, it is a perfect base for preparing meals as it extracts and accents the taste and smell of added ingredients.



SUNFLOWER SEED OIL



Cold pressing ensures all nutritional values and health benefits.

“Deep sunflower flavor and mild aroma.”



250 ml

Oils



Rapeseed oil, produced with the cold-pressing method out of selected rapeseeds, is a valuable and rich source of the essential fatty acids (EFA), synthesised only by plants and supplied to the human body in food. Thanks to high content of these acids, rapeseed oil is regarded as the healthiest oil out of all vegetable oils. Apart from its health-promoting properties, Rapeseed Oil has a great taste as well. The pronounced taste and unique aroma make the dishes prepared with it create an exceptional composition. It is perfect as addition to salads, sauces and fried dishes. All thanks to the fact that cold-pressed rapeseed oil does not change its properties during the frying process, it reaches high temperature quickly and drips off the fried product easily. It is regarded as the "Olive Oil of the North."

Out of seeds of a double refined variety of rapeseed, with **the cold-pressing method** we produce **non-refined oil of high unsaturated fat content**: 84 g/100 mL, which contribute to the maintenance of normal blood cholesterol. Rapeseed oil is rich in brassicasterol and tocopherols. It is known for its neutral smell and taste. It is produced from zero-erucic varieties of rapeseed, referred to as 00 varieties or **double refined** varieties ¹.



Waldemar Grzybowski from Śmiłowo

GREATER POLAND RAPESEED OIL



Grown
for **6** thousand
years.

“Neutral flavor and aroma.”



250 ml



750 ml

Oils



Oil pumpkin (*Cucurbita oleum*) is a variety with the highest pumpkin content. This variety provides a highly valued, vitamin-rich edible oil. As pumpkin seed oil is pressed with the cold-pressing method, EFAs do not break down and the oil keeps all of its nutritional properties. Thanks to a pleasant taste and smell, it is good for boiled potatoes, bread or groats as well as with desserts.

Out of oil pumpkin seeds (*Cucurbita oleo*), with **the cold-pressing method** our family company produces **non-refined** oil which is characterised by a delicious, delicate and slightly nut-resembling taste, interesting dark green-maroon colour and clean, pleasant aroma.

High unsaturated fat content in the oil: 77 g/100 mL, contributes to the maintenance of normal blood cholesterol. Pumpkin oil is rich in omega-6 and omega-9. It contains phenyl compounds with strong antioxidant effect, antiradical effect in particular. These compounds and their derivatives are precursors of substances forming the aroma and taste of the pumpkin oil ¹.



GREATER POLAND PUMPKIN OIL



Thanks to
cold pressing
unsaturated fatty acids
do not decompose.

*“Charming flavor
and aroma.”*



250 ml

750 ml

Oils



Folk medicine has used the valuable properties of biennial evening primrose (*Oenothera paradoxa*) for many years. Scientific studies confirmed its effect and nowadays the primrose is much more appreciated than before. Evening primrose oil is pressed cold, which results in the finished product retaining its healing properties. It has a liquid consistency and a colour from yellow to greenish. Due to its properties, evening primrose seed oil is used in managing many diseases and in cosmetics. It can be applied on the skin directly as it greatly improves skin condition. Exceptionally tasty, it is added to bread, groats, vegetables, fruit and a lot of dressings.

Out of Polish biennial evening primrose (*Oenothera paradoxa*), with the **cold-pressing method** we have prepared **non-refined oil** with great, delicate, slightly poppy-like aftertaste.

High unsaturated fat content in the oil: 78 g/100 mL, contributes to the maintenance of normal blood cholesterol.

Evening primrose seed oil rich in γ -linolenic acid γ -tocopherol, having anti-inflammatory properties and removing free radicals from the body¹.



Włodzimierz Wróblewski from Przybyszew

EVENING PRIMROSE SEED OIL



Helps with
reducing blood
cholesterol
and looks after
Your heart.

*“It has brilliant,
mild, a bit poppy
seed flavor.”*



Oils



Black caraway (*Nigella sativa*), or black cumin. Black caraway has been regarded as a medicinal plant for hundreds of years. However, it is more than that. It is also known in cooking. Thanks to its peculiar aroma, caraway seeds are often used in bread baking. For some, it is a perfect substitute of pepper, which irritates gastric mucosae much less than pepper itself. It has a peculiar spicy taste and aroma. Black caraway can be added to various dishes, improving their taste and smell.

Out of black caraway seeds (*Nigella Sativa* L.), with **the cold-pressing method** we produce **non-refined Black Caraway Seed Oil** with the characteristic spicy aftertaste and smell, with a pronounced note of pepper and cumin.

High essential fatty acid (EFA) content in the oil: 76 g/100 mL, contributes to the maintenance of normal blood cholesterol.

It is used for direct consumption, 1 to 2 teaspoons a day for one person.

Black caraway is known for anti-inflammatory and antioxidant properties and preventing LDL oxidation. Phytosterols contained in it contribute to reduction in development of atherosclerotic changes ².



Włodzimierz Wróblewski from Przybyszew

BLACK CARAWAY SEED OIL



Phytosterols
protect against
atherosclerosis
by lowering
cholesterol.

*“It has spicy flavor
and aroma with
strong pepper
and cumin note.”*



Oils



Non-refined coconut oil is perfect for eating cold. Its delicate aroma gives dishes an exotic note of flavour. It is perfect for home cakes, to be used as a substitute of margarine and butter.

COCONUT OIL



Gives dishes an
exotic
flavor note.

*“ Perfect
margarine
and butter
alternative.”*




200 ml

Active Oils

Three cold-pressed oils of ActivLife lineare dedicated to an active family and have a unique composition of oil mixtures, which results in a great taste and smell note you will find nowhere else and the perfect ratio of omega-3 acids and omega-6 acids:

- FIT OIL Activ Oil (linseed oil 70%, milk thistle oil 27%, evening primrose oil 3%), 250 mL
- FIT OIL Junior Oil (rapeseed oil 80%, linseed oil 17%, evening primrose oil 3%), 250 mL
- FIT OIL Senior Oil (linseed oil 91%, evening primrose oil 5%, pumpkin oil 4%), 250 mL



FIT OIL ACTIVE OIL
FIT OIL JUNIOR OIL
FIT OIL SENIOR OIL



Perfect
ratio of **Omega 3**
to Omega 6
acids.



250 ml

Flavoured BIO Oils



BIO SUNFLOWER SEED OIL WITH BASIL FLAVOUR WITH GARLIC FLAVOUR



“For gourmets!”

BIO sunflower seed oil with basil flavour
Ingredients:

- BIO sunflower seed oil,
- natural aroma of basil 1%

BIO sunflower seed oil with garlic flavour
Ingredients:

- BIO sunflower seed oil,
- natural aroma of garlic 1%



250 ml

BIO SUNFLOWER SEED OIL

WITH FRIED ONION FLAVOUR
WITH HOT PEPPER FLAVOUR
WITH TOMATO FLAVOUR

BIO sunflower seed oil
with fried onion flavour
Ingredients:

- BIO sunflower seed oil,
- natural aroma of fried onion 1%

BIO sunflower seed oil
with hot pepper flavour
Ingredients:

- BIO sunflower seed oil,
- extract of hot pepper 1%

BIO sunflower seed oil
with tomato flavour
Ingredients:

- BIO sunflower seed oil,
- natural aroma of tomato 1%



250 ml

BIO SUNFLOWER SEED OIL

WITH GINGER FLAVOUR
WITH PEPPER FLAVOUR
WITH WALNUT FLAVOUR



BIO sunflower seed oil
with ginger flavour
Ingredients:

- BIO sunflower seed oil,
- natural extract of ginger 1%

BIO sunflower seed oil
with pepper flavour
Ingredients:

- BIO sunflower seed oil,
- natural extract of pepper 1%

BIO sunflower seed oil
with walnut flavour
Ingredients:

- BIO sunflower seed oil,
- natural aroma of walnut 1%



250 ml

BIO Oils



BIO PUMPKIN OIL
BIO BLACK CARAWAY SEED OIL
BIO SUNFLOWER SEED OIL
BIO GREATER POLAND FLAXSEED OIL
BIO CAMELINA OIL



Roasted seed Oils



RAPESEED OIL FROM ROASTED SEEDS
PUMPKIN OIL FROM ROASTED SEEDS
CAMELINA OIL FROM ROASTED SEEDS
FLAXSEED OIL FROM ROASTED SEEDS
SUNFLOWER SEED OIL FROM ROASTED SEEDS



For pets Oils

Line of oil mixtures for our pet dogs and pet cats. Figa Fuks are oils from linseed, wild-flax, rape, evening primrose and pumpkin seeds produced with the cold-pressing method – non-refined.

A careful cold-pressing procedure allows to maintain unsaturated fatty acids in the product, which acids preserve their natural structure and biological properties, having a beneficial effect on bodies of our pets. The unique composition:

- improves the appearance of hide and coat,
- helps maintain a beautiful and lustrous coat,
- supports stimulation of the immune system,
- helps strengthen the immune response of the body,
- helps alleviate symptoms of cold and allergy.

The oil is used cold as a perfect diet supplement or enrichment.



FIGA & FUKS



It has a
**positive
effect** on
animals.



PACKED PRODUCTS



Linseed seed



Ground linseed



Milk thistle seed



Ground milk thistle



Black caraway seed



Husked hempseeds



Dried maidenhair tree leaves



Elderberry blossom



Oil pumpkin seeds



Ground pumpkin seeds

WE TAKE CARE OF OUR OILS



The oils are
100%
cold-pressed
and unrefined.

“3- 7 kilograms of seeds are used to produce 1 liter of oil.”



Pressing 1 litre of good quality linseed oil requires 3 kilogrammes of linseeds.

The oil is poured in dark glass bottles. This prevents its oxidation and the glass does not react with compounds found in the oil.

The oil production process is performed according to the “cold-pressing” method.

The limiting indicator in the process is the temperature of oil during pressing, which does not exceed 38 °C.

In other words, cold-pressing is the opposite of the method of producing oil by refining. Moreover, we

distinguish two types of oil production in our plant. The first is based on technology and methods attributed to regional products and on a piston machine, the other – modern production on screw machines.

A vital stage of our oil production is natural sedimentation. Therefore, a natural sediment out of plant residues, so characteristic of our products, accumulates on the bottom of bottles with oil.

SemCo oils are cold pressed in 100% and are not refined: therefore, they have the taste and smell characteristic of the plant they are made of.

WE HAVE A FOOD AND FEED SAFETY PROVISION SYSTEM

The certification body for our plant in terms of food production is PCBC – a body operating in the EU.

- FSSC 22000
- HACCP
- BIO/ORGANIC
- Quality and Tradition

The certification body for our plant in terms of feed production is Dekra – a body operating in the EU.

GMP+
The certification body for our plant in terms of production of TSG-marked products – GIJHARS
TSG Traditional Camelina Oil



AWARDS



Source:
(1)Boskou D (2017) Edible Cold Pressed Oils and Their Biologically Active Components. J Exp Food Chem 3: e108
(2)Sedighi M, Bahmani M, Asgary S, Beyranvand F, Rafieian-Kopaei M. A review of plant-based compounds and medicinal plants effective on atherosclerosis. J Res Med Sci 2017;22:30.



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