



COLD PRESSED OILS





OUR PASSION FOR YEARS!

SemCo is a family company focusing on its customers' needs and changing to improve its service for the clients.

Since 1990 SemCo has been specialising in the production of cold-pressed, non-refined vegetable oils. It has established its strong position on the oil market by meeting the parameter requirements and guaranteeing the unique flavour of the oils.

In SemCo, particular attention is paid to the raw materials used in the production processes. They are selected and controlled with utmost care. The company owns its own farm producing the seeds and cooperates with suppliers on the basis of long-term contracts, which assures the stable supply at a required level.

SemCo provides its clients with safe products of the required quality and the cold production technology used by the company protects all valuable nutrients of oil.

Our oils are fully cold-pressed, non-refined, which is why a natural sediment of vegetative particles appears at the bottom of a bottle of oil.

Our oils have the flavour and scent characteristic of a particular plant, which enriches the taste of a dish. They are indispensable in an everyday diet. They are best used for direct consumption as well as for fish, meat, groats, pasta, potatoes, bread, salads, marinates, sauces, dips, dressings and pastes.

Oils should be stored in a cool, dry and dark place and once opened they should be stored in the fridge.



The SemCo team



OUR PRODUCTS – VEGETABLE OILS

GTS traditional camelina oil Camelina oil of Wielkopolska obtained from Camelina sativa seeds

Camelina sativa is an oil crop known for 3000 years.
Its seeds make an exquisite oil.

Produced in the Wielkopolska [Greater Poland]
region **TRADITIONAL CAMELINA OIL** and
CAMELINA OIL of WIELKOPOLSKA from the
Camelina silvestris seeds, cold-pressed,
non-refined. It has a characteristic spicy taste
flavour with a hint of onion and mustard grains
and specific clear aroma.

Its high unsaturated fat content, especially
omega-3 alpha-linolenic acid (ALA) 32g/100ml,
contributes to the maintenance of a proper blood
cholesterol level.

A beneficial health effect is achieved with the daily
intake of 2g of ALA.

The Camelina oil is an oil rich in OMEGA-3 acid,
tocopherols (mostly γ -tocopherol), other phenolic
compounds and antioxidants.^[1]



250 ml



750 ml





SemCo®

Olej Lniany

do diety dr Budwig
tłoczony na zimno



dobrze
i polskie

Objętość netto: 250 ml e

ilustracja symboliczna



SemCo®

Olej Lniany Złocisty

tłoczony na zimno



Objętość netto: 250 ml e

FLAXSEED Oil for Budwig diet

Obtained from brown linseeds, non-refined, produced using the **cold press method**.

It is a crude oil bottled right after it exits the pressing machine. A significant amount of visible deposit consists of healthy plant mucus and remains which give the oil a slightly bitter taste.

A high level of unsaturated fatty acid content in the oil, especially omega-3 alpha-linolenic acid (ALA) 49g/100ml, contributes to the maintenance of a proper blood cholesterol level.

A beneficial health effect is achieved with the daily intake of 2g of ALA.



250 ml



750 ml

GOLDEN FLAXSEED OIL

Obtained from the golden flaxseed (Linum flavum L.), **cold-pressed, non-refined oil** with brilliant flavour and scent [taste and smell].

High unsaturated fat content in the oil: 84g/100 ml contributes to the maintenance of a proper blood cholesterol level.



250 ml



750 ml





250 ml



750 ml

FLAXSEED OIL OF WIELKOPOLSKA

Obtained from brown linseed (*Linum usitatissimum* L.)
cold-pressed, non-refined oil with brilliant
taste and smell.

Its high unsaturated fat content, especially omega-3
alpha-linolenic acid (ALA) 49g/100ml, contributes
to the maintenance of a proper blood cholesterol level.
A beneficial health effect is achieved with the daily
intake of 2g of ALA.

Flaxseed oil: rich in Omega-3 acid, tocopherols,
sterols and carotenoids; also rich in lignans.⁽¹⁾

Linseed contains phenolic 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 0,3:1,
alpha-linolenic acid, lignans, dietary and protein fibres,
minerals and vitamins.⁽²⁾



*Vegetable oils are rich in essential unsaturated
fatty acids, which are crucial for health and
a balanced diet.*

*These non-refined oils are cold-pressed at a
constant temperature below 38°C, which makes
their nutritious and health value preserve.*





250 ml

MILK THISTLE SEED OIL

Produced from seeds of milk thistle (*Silybum marianum* L.), **cold-pressed, non-refined oil** with pleasant taste and scent [smell].

Milk thistle is a medicinal plant with **hepatoprotective effect** and contains several compounds, such as: flavonoids, with antioxidant properties.^[2]



250 ml

HEMPSEED OIL

Obtained from hempseed (*Cannabis sativa* L.), **cold-pressed, non-refined oil** with pleasant spicy scent. **High unsaturated fat content in the oil:** 80g/100 ml, particularly omega-3 alpha-linolenic acid (ALA) 17g/100ml, contributes to the maintenance of a proper blood cholesterol level. A beneficial health effect is achieved with the daily intake of 2g of ALA



250 ml

SUNFLOWER SEED OIL

Produced from sunflower seeds (*Helianthus annuus* L.) **cold-pressed, non-refined oil** which has a beautiful dark yellow colour, clear sunflower taste and delicate aroma typical of sunflower.

High unsaturated fat content in the oil: 81g/100 ml contributes to the maintenance of a proper blood cholesterol level.

Due to its delicate smell, it is a perfect base for preparing meals as it extracts and accents the flavour and scent [taste and smell] of added ingredients.



250 ml



750 ml

RAPESEED OIL OF WIELKOPOLSKA

Produced from a double-enriched variety of rapeseed from the Wielkopolska region, **cold-pressed, non-refined oil.**

High unsaturated fat content in the oil: 84g/100 ml contributes to the maintenance of a proper blood cholesterol level.

Rapeseed oil is rich in brassicasterol and tocopherols. It is known for its neutral flavour and aroma. It is produced from zero-erucic varieties of rapeseed, referred to as 00 varieties or **double-enriched varieties** (1)



250 ml



750 ml

PUMPKIN OIL OF WIELKOPOLSKA

Obtained from the seeds of oil pumpkin (*Cucurbita oleo*), **cold-pressed, non-refined oil** which is characterised by a delicious, delicate and slightly nut-resembling flavour, interesting dark green-maroon colour and clear pleasant aroma.

High unsaturated fat content in the oil: 77g/100ml contributes to the maintenance of a proper blood cholesterol level. Pumpkin oil is rich in omega-6 and omega-9 acids. It contains phenyl compounds with a strong antioxidant activity, an antiradical effect in particular. These compounds and their derivatives comprise the precursors of substances forming the aroma and taste of the pumpkin oil. (1)





EVENING PRIMROSE SEED OIL

Produced from Polish biennial evening primrose seeds (*Oenothera paradoxa*), cold-pressed, non-refined oil with brilliant, delicate, slightly poppy-like aftertaste. High saturated fat content in the oil: 78g/100ml contributes to the maintenance of a proper blood cholesterol level. Evening primrose seed oil is rich in γ -linolenic acid and γ -tocopherol helping in removing free radicals from the body.⁽¹⁾



250 ml



100 ml



30 ml

BLACK CARAWAY SEED OIL

Obtained from black caraway seeds (*Nigella sativa* L.) cold-pressed, non-refined oil, with the characteristic spicy aftertaste and scent with a pronounced note of pepper and cumin. High essential fatty acids NNKT in the oil: 76g/100ml contributes to the maintenance of a proper blood cholesterol level. It is recommended to use 1-2 teaspoons for direct consumption a day per person. Black caraway is known for antioxidant properties and preventing LDL cholesterol oxidation.⁽²⁾



250 ml



100 ml



30 ml



COCONUT OIL refined and non-refined

Non-refined coconut oil is perfect for eating cold. Its delicate aroma gives dishes an exotic hint. It is perfect as an alternative to butter and margarine for home-made cakes.



200 ml



OUR BIO OILS

BIO ecological oils are produced from BIO seeds and are intended for consumers opting for eco-friendly cold-pressed, non-refined oils manufactured with a traditional recipe.



250 ml

BIO FLAXSEED OIL

It has a mild flavour typical of flaxseed.



PL-EKO-06
Roślinywo UE



250 ml

BIO CAMELINA OIL

It is a valuable base of bioactive substances essential for a proper diet.



PL-EKO-06
Roślinywo UE



250 ml

BIO SUNFLOWER SEED OIL

It is produced from sunflower seeds grown in certified eco-farms.



PL-EKO-06
Roślinywo UE



*The green-leaf sign shown on the bottle of oil highlights its ecological status and makes it stand out among others.
The sign proves a certificate assuring the EU standards for organic food.*



OUR OFFER FOR THE ACTIVE

Three types of our cold-pressed oils of ActivLife brand are dedicated to an active family.



250 ml

FIT OIL ACTIV

(1:1 omega-3 to omega-6 ratio)



250 ml

FIT OIL Junior

(rapeseed oil 80%, linseed oil 17%, evening primrose oil 3%)



250 ml

FIT OIL Senior

(linseed oil 91%, evening primrose oil 5%, pumpkin oil 4%)



A unique composition of oil mixtures results in flavour and aroma unique on the market and the perfect ratio of omega-3 and omega-6 acids.



OUR DEDICATED PRODUCTS

The diets of men, women and children should meet their particular needs. That is why we prepared a special combination of different oils dedicated to all the members of a family.



250 ml

OIL FOR KIDS

(linseed oil 98%, black caraway seed 2%)



250 ml

OIL FOR MEN

(linseed oil 85%, pumpkin oil 10%, hempseed oil 5%)



250 ml

OIL FOR WOMEN

(linseed oil 70%, milk thistle seed oil 27%, evening primrose seed oil 3%)



The dedicated male, female and children oils combine different types of oils not only to be delicious, but also to enrich the diet in vegetable oils which are nutritious and essential for a particular consumer's meal.



OUR PRODUCTS FOR GOURMETS

Cold-pressed flavoured BIO oils from the SemCo Company are innovative compositions of BIO sunflower seed oil and natural extracts of different spices.



Hot red pepper flavoured BIO sunflower seed oil



100 ml

The oil is used as a spice because it has a distinct spicy flavor.



250 ml



Ginger flavoured BIO sunflower seed oil



100 ml

It definitely improves the taste of dishes. An interesting option for people who appreciate aromatic and fiery cuisine.



250 ml



Roasted onion flavoured BIO sunflower seed oil



100 ml

The perfect oil for people who don't like chopping and roasting onions, it enriches the spices, making them delicious, and at the same time, their preparation takes little time. Indispensable in the kitchen.



250 ml



The oils are prepared in 11 flavors - basil, pepper, ginger, tomato, hot pepper, walnut, roasted onion, garlic, curry, boletus, truffle, to make home-made dishes more aromatic and tasty.

**Basil Flavoured
BIO sunflower seed oil**

The oil can be used for sauces, dressings and marinades. It can be added to soups, dumplings or pasta. A perfect substitute for fresh basil.



100 ml



250 ml



**Walnut Flavoured
BIO sunflower seed oil**

Oil for all people who like the taste of walnut. It can be an aromatic addition to many dishes.



100 ml



250 ml



**Tomato Flavoured
BIO sunflower seed oil**

The oil has an excellent tomato flavour and aroma - unique on the market. It perfectly replaces the tomato which is not always aromatic and tasty.



100 ml



250 ml



BIO OLEJ

TŁOCZONY NA ZIMNO

BAZYLIA

*delikatna
nutta
bazylii!*



PL-EKO-06
Rolnictwo UE



ilustracja symboliczna

BIO flavoured oils were developed to meet the needs of modern culinary trends.



Garlic flavoured BIO sunflower seed oil



100 ml

A unique oil with a distinct, excellent taste and aroma.



250 ml



Black pepper flavoured BIO sunflower seed oil



100 ml

An oil with excellent flavour and fragrance, created as an interesting alternative to known oils.



250 ml



Curry flavoured BIO sunflower seed oil



100 ml

An interesting product with a balanced, mild curry flavour.



250 ml



Oils work well wherever time, precision and taste are important!

The universal formula of BIO flavoured oils makes them perfect for cold use as an addition to meat dishes, fish, seafood, vegetables and fruits.

The stable formula provides greater control over the preparation of dishes, greatly enhancing their taste and aroma and guaranteeing that the prepared meal is always perfect and repeatable.

Porcini mushroom (boletus) flavoured BIO sunflower seed oil

Excellent natural taste and
aroma of boletus in oil.



100 ml



250 ml



PL-EKO-06
Rollnictwo UE



Truffle flavoured BIO sunflower seed oil

Our offer for lovers of French
and Italian cuisine. The most
expensive mushroom closed
in a bottle and available
whenever you want to
feel the holiday atmosphere.



100 ml



250 ml



PL-EKO-06
Rollnictwo UE



*A bottle of such oil is a perfect gift
for someone who likes experiments
in the kitchen*



**BIO
OLEJ**

TŁOCZONY NA ZIMNO

BOROWIK

*doskonały
smak!*



PL-EKO-06
Rollnictwo UE



Ilustracja symboliczna



ROASTED SEED OILS

Roasted seed oils were created for consumers who like oils with a delicate, slightly nutty flavour resulting from roasting seeds. The modern oil production technology gives them the excellent flavour and fragrance that make them stand out on the market. They are an ideal addition to many dishes.



250 ml

Oil from roasted Camelina seeds

is characterized by a unique, intense aroma combined with a hint of roasting and a slightly nutty taste distinguishing it from that produced traditionally.



250 ml

Rape Oil from roasted rapeseeds

is characterized by a new sensory framework of flavor and aroma and an interesting color that enhances its appearance.



250 ml

Oil from roasted Pumpkin seeds

delights with its pumpkin-nut flavor, but above all with its color, which, depending on the angle of the sun's rays sunlight changes from green to dark red.



250 ml

Oil from roasted seeds Sunflower oil

completes the range of flavor and aroma of the proposed oils.





OUR PRODUCTS FOR PETS



250 ml



750 ml

Figa&Fuks

A pet dog or cat diet supplement, cold-pressed non-refined combination of linseed, camelina seed, rapeseed, evening primrose and pumpkin seed oils. A careful cold-pressing procedure allows to preserve the structure and properties of unsaturated fatty acids which are beneficial for the bodies of our pets. The unique composition of oils improves the condition of skin and fur, makes the fur lustrous, supports stimulation of the immune system, helps to strengthen the immune response of the body and alleviate a cold and allergies.

The oil is to be used cold as a perfect diet supplement and enrichment.



Oils are an excellent source of essential fatty acids omega-3 and omega-6. These precious oils from mother nature are endowed with unparalleled health benefits.





OUR PACKED PRODUCTS – NATURAL REMEDIES



Flaxseeds



Milk thistle seeds



Ground milk thistle seed



Elderberry blossom



Dried maidenhair tree leaves



Ground flaxseed



Ground roasted linseed

Sources:
 (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.



*Oil pumpkin
seeds*



*Ground pumpkin
seed*



Hempseeds



Ground hempseed



*Roasted sunflower
seeds*



*Black caraway
seeds*



Roasted pumpkin seeds



THE LATEST OFFER – IMMUNITY BOOST



250 ml

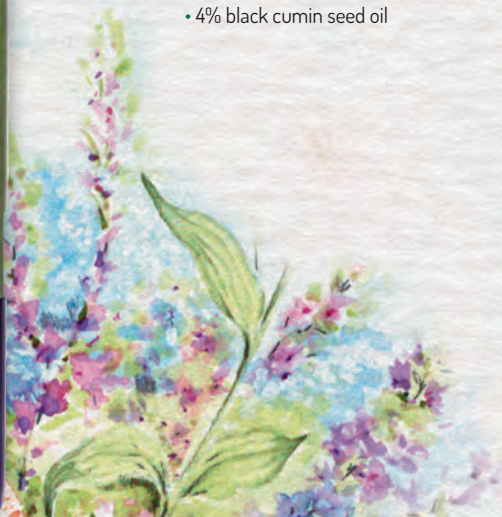
IMMUNO OIL – a diet supplement


Taking care of a proper functioning and the immunity of our customers, we have enriched our offer with the IMMUNO OIL diet supplement

Taking care of immunity and the proper functioning of the body, we have prepared Odporność Immuno oil, a dietary supplement with a small addition of the extremely valuable black cumin seed oil in order to obtain the extraordinarily subtle of the oil without the dominant black cumin taste.

The ingredients of the oil are:

- 87% camelina oil
- 5% evening primrose oil
- 4% pumpkin oil
- 4% black cumin seed oil





Its unique composition makes it the only oil on the market that enhances the proper functioning of our bodies and one's immunity. Its delicate taste and smell guarantee the enhancement of many dishes enriching them with beneficial active ingredients. Its extremely valuable properties result from the multiplied – 4 times more – presence of active ingredients compared to a single oil. The proportion of omega 3 to omega 6 acids is 1:1, the so-called The "golden proportion" has an extremely important role in proper metabolism, the structure of all body cells and protection against the unfavourable influence of the environment.

- Chamomile oil – ensures the proper functioning of the cardiac system.
- Evening primrose oil – responsible for stabilizing the nervous system, skin, hair and nails.
- Pumpkin oil – a source of valuable vitamins and minerals, is responsible for the proper functioning of all body cells, protects the health of the prostate gland, protects from mycoses and parasites.
- Black cumin seed oil – responsible for the body's high immunity and its stable functioning.

This composition makes Immuno Oil a dietary supplement perfect for the proper functioning of our bodies and ensures their good immunity.

How to use Immuno Oil as a dietary supplement?

Depending on your needs, it can be used internally and externally. As a dietary supplement, you can use it preventively 1.5 teaspoons once a day, directly with water, or add it to dishes, e.g. soups, sauces, salads, desserts, ice cream, yogurts, dressings, Vinaigrette sauces, etc. Externally – for skin problems – topically for protection and cosmetic purposes.

Immuno oil for immunity, dietary supplement – Contraindications

Immuno Oil, as any dietary supplement, should be used in moderation, preferably in accordance with the recommendations on the label. Exceeding the recommended dose may result in headaches, abdominal pain and nausea.

A dietary supplement is not a substitute for a varied diet and does not replace a balanced diet and a healthy lifestyle. Immuno oil for immunity, a dietary supplement, ought to be used cold.

Store in a cool, dry and shaded place, out of the reach of small children. After opening the bottle, store in the refrigerator.



250 ml

Immunity Oil for Women – dietary supplement

Taking care of the good immunity of women's bodies, we have created a special product: Immunity Oil for Women – a dietary supplement. Among the many cold-pressed and unrefined oils produced in our company, we have selected 4 that particularly improve the immunity of women's bodies. The ingredients are as follows:

- 84% camelina oil
- 10% black cumin seed oil
- 4% evening primrose oil
- 2% milk thistle oil


The unique composition gives this oil an exceptionally wonderful aroma that is unique on the market, and a 1:1 ratio of omega 3 to omega 6 acids, the so-called "golden proportion". The oil has a golden colour and a delicate taste. Its extremely valuable properties result from the four times more presence of active ingredients compared to a single oil.

How to use Immunity Oil for Women – a dietary supplement?

Depending on the needs, it can be used internally and externally. As a dietary supplement, it can be used preventively 1.5 teaspoons once a day, directly with water, or added to dishes, e.g. soups, sauces, salads, desserts, ice cream, yogurts, dressings, Vinaigrette sauces, etc. Externally – for skin problems – topically for protection and cosmetic purposes.

Immunity Oil for Women dietary supplement – Contraindications

Immunity Oil for Women, as any dietary supplement, should be used in moderation, preferably in accordance with the recommendations on the label. Exceeding the recommended dose may result in headaches, abdominal pain and nausea. A dietary supplement is not a substitute for a varied diet and does not replace a balanced diet and a healthy lifestyle. Immuno oil for immunity, a dietary supplement, ought to be used cold.



The exceptional and valuable ingredients of the oil are:

- EFAs (essential unsaturated fatty acids) with a high content of 88%
- γ -linolenic acid (GLA)
- alpha-linolenic acid (ALA) omega 3 – 28%
- linoleic acid (LA) omega 6 – 28%
- the so-called "golden ratio" of omega 3:omega 6 acids – 1:1
- vitamin A is a strong antioxidant
- vitamin E as a strong antioxidant
- a wide range of B group vitamins
- richness of micro and macro elements such as: magnesium, iron, calcium, phosphorus, zinc, selenium
- many phytoflavonoids, sterols and essential oils.

The γ -linolenic acid (GLA) present in the evening primrose oil supports:

- functioning of the endocrine system
- stabilizes mood swings during menstruation and menopause
- regulates hot flashes
- eliminates problems with dry skin
- improves blood supply and hydration of mucous membranes and skin
- relieves psoriatic conditions, eczema, acne and atopic dermatitis (AD)
- helps fight obesity by regulating metabolism
- stabilizes cardiac problems
- increases immunity



Store in a cool, dry and shaded place, out of the reach of small children.

After opening the bottle, store in the refrigerator.

Exogenous EFAs, which must be supplied with food, guarantee strong support for the proper functioning, well-being and high immunity of a woman's body, especially:

- guarantee proper metabolism
- support heart protection
- protect against atherosclerosis
- reduce the formation of bad cholesterol
- reduce the risk of heart attacks and strokes
- protect the liver and digestive tract
- delay the aging processes
- prevent the development of type II diabetes
- prevent the development of cancer
- improve the good condition of the skin, hair and nails
- eliminate premenstrual syndrome (PMS) by balancing the level of prostaglandins
- significantly support the nervous system

Vitamins: A, E, group B, C, K:

- have an excellent effect on stabilizing the nervous system of women
- ensure the proper functioning of the body
- support the immune system

Minerals:

- regulate all metabolic processes
- take part in the construction of bones, skin, hair, nails and teeth
- guarantee resistance

Phytoflavonoids, sterols, essential oils:

- have antifungal and antiparasitic properties
- provide many compounds needed for the proper functioning of the body
- increase the immunity of a woman's body



Immunity Oil for Men –dietary supplement

To ensure good immunity of men's bodies and their proper functioning. We have prepared the Immunity Oil for Men dietary supplement in such a way that it is tasty and at the same time enriches the diet with vegetable fats which are valuable and necessary in every meal.

The oil contains:

- 84% camelina oil
- 10% black cumin seed oil
- 4% hemp oil
- 2% pumpkin oil





The unique composition gives the oil a wonderful taste and smell, it has an ideal proportion of omega 3 to omega 6 acids - 1:1, the so-called "golden proportion". Its extremely valuable properties result from the multiplied - 4 times more - presence of active ingredients compared to a single oil.

- Chamomile oil – excellent in the prevention of cardiovascular diseases.
- Black cumin seed oil – thanks to many essential oils, it prevents cancer and increases immunity.
- Hemp oil – improves concentration, brain, muscle and lung function.
- Pumpkin oil – recommended for prostate problems and prevention of atherosclerosis.

The unique composition makes Immunity for Men oil perfect for improving the functioning and immunity of a man's body.

How to use Immunity Oil for Men as a dietary supplement?

Depending on your needs, it can be used internally and externally. As a dietary supplement, you can use it preventively 1.5 teaspoons once a day directly with water or add to dishes, e.g. soups, sauces, salads, desserts, ice cream, yogurts, dressings, Vinaigrette sauces, etc. Do not exceed the recommended portion of the product for consumption.

Externally - on problematic skin - topically for protection and cosmetic purposes.

Oil for Men for immunity, dietary supplement – Contraindications

Men's Immunity Oil, as any dietary supplement, should be used in moderation, preferably in accordance with the recommendations on the label. Exceeding the recommended dose may result in headaches, abdominal pain and nausea.



Immunity for Children – dietary supplement

This oil was created out of concern for every mother to ensure the proper development and immunity of her child. In order to obtain the Immunity for Children oil, a dietary supplement, 4 cold-pressed, non-refined oils produced in our company were mixed in the following proportions:

- 84% camelina oil
- 10% evening primrose oil
- 4% hemp oil
- 2% black cumin seed oil

The unique composition gives this oil a wonderful taste and aroma, the only one available on the market, and an ideal ratio of omega-3 to omega-6 acids, in the so-called golden ratio of 1:1. It is characterized by a light golden colour and a delicate taste. Its extremely valuable properties result from the multiplied – 4 times more – presence of active ingredients compared to a single oil.

How to use Immunity Oil for Children as a dietary supplement?

Depending on the needs, it can be used internally and externally. As a dietary supplement, it can be used preventively, 1.5 teaspoons once a day, immediately after the child is 1 year old, or used in dishes, e.g. soups, sauces, salads, desserts, ice cream, cereals, yogurts, etc. Externally – for skin problems – topically to protect and soften the skin.

Children's Oil for Immunity – Contraindications

Children's Immunity Oil, as any dietary supplement, should be used in moderation, preferably in accordance with the recommendations on the label. Exceeding the recommended dose may result in headaches, abdominal pain and nausea.

The following deserve special attention:

- EFAs (essential unsaturated fatty acids) with a high content of 88%
- γ -linolenic acid (GLA)
- alpha-linolenic acid (ALA) omega 3 – 27%
- linoleic acid (LA) omega 6 – 30%
- the so-called "golden proportion" of omega 3:omega 6 acids – 1:1
- vitamin A is a strong antioxidant
- vitamin E is a strong antioxidant
- a wide range of B group vitamins
- richness of micro and macro elements such as: magnesium, calcium, iron, zinc, phosphorus, selenium
- many phytoflavonoids, sterols and essential oils

Exogenous EFAs, which we must supply to our body from the outside, guarantee strong support for the child's proper development and immunity, especially:

- improve concentration – beneficial for ADHD
- they ensure intensive brain development
- reduce the risk of cancer cell formation
- influence healthy skin and hair
- increase the child's immunity

The γ -linolenic acid (GLA) present in evening primrose and hemp oil:

- ensures the proper development of the child's entire body
- reduces skin inflammation
- helps with atopic dermatitis (AD)
- improves concentration and the quality of sleep

Omega 3 and omega 6 acids in the so-called "golden proportion":

- they have a beneficial effect on the proper functioning of the child's entire body
- strengthen immunity

Vitamins: A, E, group B, C, K:

- have a great impact on the development of the brain and nervous system of children
- are involved in the entire metabolism
- help in the development and stabilization of the child's endocrine system
- ensure the supply of energy to tissues
- strengthen the immune system

Minerals: calcium, phosphorus, zinc, iron, manganese, etc.:

- regulate the proper growth of all cells of the child's body
- take part in the construction of bones, skin, hair and teeth – guarantee immunity

Phytoflavonoids, sterols, essential oils:

- have antifungal and antiparasitic properties – effective against tapeworms and pinworms
- they dilute the secretions in the lungs, which speeds up the fight against various diseases in the upper respiratory tract



SemCo®

**Wielkopolski
Olej
Lniany**

tłoczony na zimno



Objętość netto: 250 ml e



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