



AAK

Specidol OL

Specidol OL
– **omega-3** solution for nutritional food

Specidol OL

Specidol OL is a vegetable oil containing 22% omega-3 α -linolenic acid (ALA). It can replace all or part of the fat phase, giving the final product an added value as containing omega-3. Possible applications for Specidol OL are spreads, dairy products, salad dressings, bread etc.

Specidol OL is an excellent ingredient for nutritional foods. It is a ready-to-use oil formulation with 22% omega-3 that can replace all or part of the fat phase, giving the end-product a healthier nutritional profile.

Specidol OL is stabilised and carefully handled during production, through the exclusion of oxygen. The product has excellent sensory properties and provides a good taste stability which is needed for good manufacturing. Performance and stability are well documented.



Specidol OL is delivered in drums or bag-in-box

Bag-in-box makes handling easy by providing the possibility to take out small quantities without exposing the whole product to oxygen. As all polyunsaturated fats, Specidol OL must be handled with care in food applications.

Shelf life for Specidol OL

Stored frozen

– 12 months < -18°C in unopened drums or bag-in-box

Stored chilled

– 6 months < 8°C in unopened bag-in-box

– 3 months < 8°C in unopened drums

Stored in room temperature

– 1 month in unopened drums or bag-in-box

Omega-3 – essential fatty acid beneficial for heart health

The human body can synthesize many fatty acids, but not the essential fatty acids C18:2 (omega-6) and C18:3 (omega-3). C18:2 and C18:3 are because of this considered as essential fatty acids, that must be present in the diet. In the western diet, the content of omega-3 normally is too low.

α -linolenic acid, ALA, is an essential omega-3 fatty acid. In the body it is converted to different compounds that take part in the metabolism of signal substances, in the immune system and in the inflammatory response e.g. A sufficient intake of omega-3 can help the cardio vascular system to stay healthy.

High levels of cholesterol, especially LDL, increases risk for Coronary Heart Disease

Effects of fatty acids on blood cholesterol	HDL	LDL
Saturated fat, C12-C16	+	+
Saturated fat, <C12, C18	0	0
Trans-18:1	-	+
Monounsaturated cis-C18:1	+	-
Polyunsaturated C18:2, C18:3	+	-

HDL (High Density Lipoprotein) – “Good” cholesterol

LDL (Low Density Lipoprotein) – “Bad” Cholesterol

- ◆ Specidol OL is based on top quality non-GMO vegetable ingredients
- ◆ The production is monitored by state-of the art quality control systems
- ◆ AAK has extensive knowledge in fat technology, processing and product adaptation for your industry – speed, quality and security
- ◆ AAK provides technical support and tailor made solutions for your application