



# CRANDOR™

PlantEFA

Premium upcycled  
**CRANBERRY  
SEED OIL**

Fruit d'Or



# The superpowers of cranberry seed oil



## Distinct plant-based profile of Omega-3, 6 and 9

In comparison to other oils, cranberry seed oil boasts higher levels of essential fatty acids, including polyunsaturated alpha-linolenic acid (omega-3) and linoleic acid (omega-6). These fatty acids are vital as they can't be directly produced by the body. They play key roles in cell structure, gene expression, vision, the nervous system, skin health, cardiovascular well-being, and various other biological functions. Additionally, this oil contains a significant amount of oleic acid (omega-9), which is also beneficial for human health. Cranberry seed oil contains around 30–35% alpha-linolenic acid (omega-3), 35–40% linoleic acid (omega-6), and 20–25% oleic acid (omega-9). This distinctive 1:1:1 ratio of omegas is unique to this oil, making it an exceptional source of fatty acids.

Fatty acid	Cranberry seed oil	Black currant seed oil	Strawberry seed oil
Alpha-linolenic acid (18:3 n-3, omega-3)	<b>31.39</b>	15.02	29.76
Linoleic acid (18:2 n-6c, omega-6)	<b>36.59</b>	48.07	44.01
Oleic acid (18:1 n-9c, omega-9)	<b>23.99</b>	16.09	17.26

Source: Górska, A., Piasecka, I., Wirkowska-Wojdyła, M., Bryś, J., Kienc, K., Brzezińska, R., & Ostrowska-Ligeża, E. (2023). Berry Seeds—A By-Product of the Fruit Industry as a Source of Oils with Beneficial Nutritional Characteristics. Applied Sciences, 13(8), 5114.

For vegans, maintaining an optimal n-6: n-3 ratio of about 4:1 and ensuring that the total dietary intake remains under 10:1 between alpha-linolenic acid (omega-6) and linoleic acid (omega-3) is important. While vegan sources of omegas are scarce, cranberry seed oil stands out due to its higher concentration of all omegas when compared to other plant-based omega sources.



### **Cold extraction and glycidyl esters of fatty acids**

Fruit d'Or cranberry seed oil is a cold extraction oil, which preserves oil quality and avoids harmful contaminants during hot extraction. Indeed, Fruit d'Or confirms that cranberry oil is not at risk of containing glycidyl esters of fatty acid (GEs) due to the specific production methods employed in its extraction. GEs are formed when edible oils are exposed to high temperatures (about 200°C or higher) during refining processes. Since Fruit d'Or cranberry oil is not subjected to such high-temperature conditions, the risk of glycidol formation is not present. .



### **Upcycled and sustainable oil**

Fruit d'Or cranberry seed oil is derived from an upcycling process that optimizes every part of the cranberry fruit. They save the cranberry seeds from other Fruit d'Or products and cold-pressed every ounce of goodness from them. Nothing of nature's gift is wasted!



We pamper our  
berries every step of  
the way.



Learn more about our  
organic farming story



# CRAND'OR™

Nature's best cranberry ingredients

Cran d'Or™ stands at the forefront of organic cranberry cultivation, offering a comprehensive range of nutraceutical ingredients. Using advanced processing techniques, we ensure that every facet of the cranberry's natural benefits is optimized to its fullest potential.

## Cran d'Or™ PlantEFA is a premium oil crafted from upcycled cranberry seeds\*

Derived via a COLD EXTRACTION process, our product boasts full vertical integration, from field to finished product, along with its DISTINCTIVE fatty acid profile. A fresh, delicately aromatic oil that captures the essence of the fruit.

\*(Vaccinium macrocarpon)

## The journey of Cran d'Or™ PlantEFA from field to finish

- 1 Nurtured in Canadian fields with ideal cold climate and soil, our cranberries flourish organically.
- 2 Quick freezing retains their natural essence effectively.
- 3 Seeds, repurposed from dried fruits, are carefully separated and dried to just-right humidity for premium oil extraction.
- 4 Through solvent-free cold pressing, we obtain pure virgin oil from these seeds.
- 5 This oil is then packed without additives, ensuring absolute purity.

# Four reasons to choose **CRANDOR**<sup>™</sup> PlantEFA



## **Produced from upcycled cranberry seeds**

Crafted with care and sustainability at its heart. Our commitment to environmental responsibility shines through in every drop. Harnessing the potential of upcycled resources, we've transformed cranberry seeds that stem from our dried fruit and juice production into a valuable oil. This innovative process not only ensures that no part of the cranberry goes to waste but also reflects our dedication to producing in harmony with nature.



## **Active components guaranteed - Essential fatty acids**

Our product provides a meticulously balanced composition of essential fatty acids. We guarantee 25-30g/100g of linolenic acid (Omega-3), 30-40g/100g linoleic acid (Omega-6), and 15-25g/100g oleic acid (Omega-9).



## **Clean label, natural and organic**

As pioneers in cultivating and processing organic cranberries, we comply with the strictest organic and food safety standards and certifications. Our pure oil, extracted from non-GMO seeds using a chemical-free cold process, preserves nutrients flawlessly. Rigorous safety testing ensures compliance, guaranteeing purity by screening for pesticides and heavy metals. Your assurance of genuine quality.



## **Nurtured by nature in our fields**

Thanks to our vertical integration, our berries never leave our care. Our crops grown primarily in our very own fields, with a cold climate and acidic soil ideal for cranberry cultivation. We have complete control over every step of the production process and record times from field to freezer to lock in the natural properties of all our products.

## Organic or conventional

### Berry provenance:

Nordic regions of Canada

### Flavour

Floral notes with buttery flavor.

Fresh and delicately aromatic.

### Color

Light yellow to light green

## Certifications



## Suggested formulations

- Plant-based Omegas: Cran d'Or™ PlantEFA + Algae oil
- Antioxidant Blend: Cran d'Or™ PlantEFA + Cran d'Or™ TotalPAC powder

# Elevate wellness with our effective solutions

## VERSATILE APPLICATIONS



Softgels



Food



Cosmetics

## Research references

Górska, A., Piasecka, I., Wirkowska-Wojdyła, M., Bryś, J., Kienc, K., Brzezińska, R., & Ostrowska-Ligęza, E. (2023). Berry Seeds—A By-Product of the Fruit Industry as a Source of Oils with Beneficial Nutritional Characteristics. *Applied Sciences*, 13(8), 5114.

Górska, A., Piasecka, I., Kienc, K., Ostrowska-Ligęza, E., Wirkowska-Wojdyła, M., & Bryś, J. (2022, September). Quality Assessment of Black Currant, Strawberry and Cranberry Seeds' Lipid Fraction. In *Biology and Life Sciences Forum* (Vol. 18, No. 1, p. 31). MDPI.

Ramadan, M. F. (Ed.). (2019). *Fruit oils: chemistry and functionality* (p. 911). Switzerland: Springer.

Burns-Whitmore, B., Froyen, E., Heskey, C., Parker, T., & San Pablo, G. (2019). Alpha-linolenic and linoleic fatty acids in the vegan diet: do they require dietary reference intake/adequate intake special consideration?. *Nutrients*, 11(10), 2365.

Yu, L. L., Zhou, K. K., & Parry, J. (2005). Antioxidant properties of cold-pressed black caraway, carrot, cranberry, and hemp seed oils. *Food chemistry*, 91(4), 723–729.

Parker, T. D., Adams, D. A., Zhou, K., Harris, M., & Yu, L. (2003). Fatty acid composition and oxidative stability of coldpressed edible seed oils. *Journal of food science*, 68(4), 1240–1243.

**Legal Notice:** These products are not intended to diagnose, treat, cure or prevent any disease. Please note that the physiological activity described herein is supported by the referenced studies reported. It is the responsibility of the distributors of finished products containing these ingredients to determine whether the claims made for these products are legal and in compliance with the laws of the country in which the products will be marketed.





# Purity from the ground up

Consumers are looking for pure, clean ingredients. Fruit d'Or is a proven leader and expert in cultivating and processing the finest cranberries and wild blueberries on the market. With a deeply rooted belief in sustainable and vertically integrated production, every step – from the seeds we sow to the crops we harvest to the finished ingredients we create – is meticulously monitored to ensure we only deliver the very best. Experience Fruit d'Or's proven authenticity, quality, consistency, and effectiveness – right from our fields to your natural health solutions.

**nutra.fruitdor.ca**  
info@fruitdor.ca  
819 385-1126

Certified Organic by Ecocert Canada

Fruit d'Or