

Gusti Italia was founded 20 years ago, in 1998 by Rossella Notarangelo, since three generations in the edible oils sector.

Situated in the south of Italy, in the hearth of Apulia region, considered the best area, both in quality and quantity, for the crop and mill of olives, the company focused from the beginning on the production of Extra Virgin Olive Oil of the highest quality. In our beautiful region there are, in fact, 1,200 mills, therefore, the area with the highest number in Italy, Europe and every other area of the world.

We have always aimed to get an olive oil very fruity and fragrant, selecting the best quality and variety of fruits, including Ogliarola, Coratina, Peranzana, Leccina, getting a deserved success on both the local and international market.

In 2005, the great love of the nature, leads us to introduce a line of organic extra virgin olive oils, which, in addition to collect a significant appreciation by the modern consumer, has the great merit to open our horizons giving input in 2006 to the great insight that completely changes the company's core business: the introduction of organic cold-pressed seed oils, excellent tasty products with healthy properties, essential and beneficial to our body.

Our current range of top quality organic oils, virgin and deo, from olives and seeds, includes Extra Virgin Olive, Avocado, Flaxseed, Sesame, Sunflower, Walnut, Almond, Hazelnut, Hempseed, Safflower, Pumpkin, Canola, Soybean, Corn Germ.



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ORGANIC FRUIT  
AND SEED OILS

**Flax Oil** Ω9: 16 Ω6: 14 Ω3: 50 Smoke point: low 110°C  
 Obtained by the cold pressure of *Linum usitatissimum* seeds from organic agriculture. Fairly plain taste with typical taste of flax seeds, wheat germ, grassy. Fresh oral/tactile sensation with a pleasant nutty aftertaste. Ideal to dress white meat and vegetables. Can also be added to yogurt and orange juice at breakfast. It is the richest source of Omega 3, the "good" and essential fatty acids that are missing from the standard diet. It can reduce pain, inflammation and the levels of cholesterol and triglycerides in the blood as well as helping to maintain the brain and nerve functions.

**Sesame Oil** Ω9: 36 Ω6: 38 Ω3: 1 Smoke point: medium 175°C  
 Obtained by cold pressing of *Sesamum Indicum* seeds from organic agriculture. Mild sesame taste. Predominant initial sweet. Slightly astringent oral/tactile sensation with a hot aftertaste. Ideal to add an Asian touch to cooked foods and fresh salads. Rich in calcium, phospholipids, lecithin, vitamins A, B and E. It helps maintain healthy bones and teeth. Protects the body against heart disease and strengthens the immune system.

**Sunflower Oil** Ω9: 24 Ω6: 55 Ω3: 1 Smoke point: low 130°C  
 Obtained by the cold pressure of *Helianthus annuus L.* seeds from organic agriculture. Strong taste with typical taste of toasted sunflower seeds. Astringent and spicy oral/tactile sensation with a lingering aftertaste. Great to dress salads and to enrich vegetables and soups. High in polyunsaturated fatty acids, Omega 6, with a preventative effect against heart and vascular diseases. Rich also in Vitamin E, a natural antioxidant that helps protect the skin from infection.

**Hemp Oil** Ω9: 12 Ω6: 50 Ω3: 19 Smoke point: medium 165°C  
 Obtained by the cold pressure of *Cannabis Sativa* seeds from organic agriculture. Grassy taste with typical taste of hempseed. Fresh oral/tactile sensation with a pleasant herbaceous aftertaste. Ideal to dress vegetables, pastas. Great on grilled fish. Rich in omega-6 and omega-3 in proper proportion. More than 65% of the product consists of polyunsaturated fatty acids essential for a healthy balanced diet. It also contains important vitamins, E and those of B group. Helps the body to fight cardiovascular disease, inflammation and reduce the level of cholesterol in the blood.

**Safflower Oil** Ω9: 15 Ω6: 66 Ω3: 0 Smoke point: low 120°C  
 Obtained by cold pressing of *Carthamus Tinctorius* seeds from organic agriculture. Medium nutty flavour with scents reminiscent of sunflower seeds. Ideal on grilled vegetables and risotto, to emphasize salads and raw vegetables, it can also be used to cook steamed. High in linoleic acid, and an excellent source of vitamin K, it helps to control the "bad" cholesterol and blood sugar, improve insulin sensitivity and prevent cardiovascular disorders, as well as being a valuable ally against osteoporosis.

**Soybean Oil** Ω9: 26 Ω6: 43 Ω3: 7 Smoke point: low 130°C  
 Obtained by the cold pressure of *Glycine max* seeds from organic agriculture. Distinctive taste of raw soy, intense and strong. Ideal as a dressing for vegetables and pasta. Rich in omega 3 fatty acids, isoflavones and antioxidants. Thanks to the low glycemic index, it is very used in slimming diets. Many women consume soy products because they help regularly in the hormonal cycle, decrease the discomfort caused by menopause and fight osteoporosis.

**Canola Oil** Ω9: 56 Ω6: 19 Ω3: 8 Smoke point: high 210°C  
 Obtained by the cold pressure of *Brassica Napus olifera* seeds from organic agriculture. Aromatic taste, typical of rape with a finish a little bitter. Ideal for vinaigrettes. Recommended for dressing fresh and grilled vegetables. It has a high content of monounsaturated fatty acids (57%) and polyunsaturated (29%) able to positively change the ratio of good cholesterol and bad cholesterol. Besides, it is one of the vegetable oils with lower saturated fats content.

**Pumpkin Oil** Ω9: 32 Ω6: 35 Ω3: 9 Smoke point: medium 160°C  
 Obtained by the cold pressure of *Cucurbita Pepo* seeds from organic agriculture. Typical of natural Pumpkin seed. Intense and strong taste. Ideal to dress soups and salads. Rich in magnesium, phosphorus, selenium and zinc "bioavailable". In addition to tangible benefits to the heart, liver and immune system, it helps fight diabetes, strengthen the bladder, preventing diseases of the prostate and relieve suffering from arthritis.

Available sizes: 100 mL / 250 mL / 500 mL / 750 mL / 1L



ORGANIC SEED OILS - COLD PRESSED  
 Lino - Sesame - Soybean - Canola - Safflower - Hemp - Pumpkin - Sunflower

**Extra Virgin Olive Oil - 100% italian - INTENSE** Ω9: 66 Ω6: 8 Ω3: 1 Smoke point: high 210°C  
 Obtained from the cold extraction of healthy olives from Organic farming, collected directly from the tree during the optimum ripening period. Intense fruity. Slight bitter oral/tactile sensation with a pleasant spicy aftertaste. Suitable as ingredient in intensive preparations and as dressing on cooked and grilled vegetables, cheese. Great on top of sophisticated cooked foods, meat and fish. Extra Virgin Olive Oil has a natural content of phenolic components and vitamin E which, when combined, are thought to be effective in blocking the possible damage done by free radicals, consequently, slowing down the oxidation of cells which causes inflammation and the aging of the human body.

**Extra Virgin Olive Oil - EU origin - DELICATE** Ω9: 66 Ω6: 8 Ω3: 1 Smoke point: high 210°C  
 Balanced and harmonious taste. Medium fruity. Slight bitter oral/tactile sensation with a pleasant mild spicy aftertaste. Great as ingredient in delicate preparations and as dressing on fresh salads and vegetables or on top of already cooked foods, in particular fresh fishes. It can be also for frying use. Extra Virgin Olive Oil has a natural content of phenolic components and vitamin E which, when combined, are thought to be effective in blocking the possible damage done by free radicals, consequently, slowing down the oxidation of cells which causes inflammation and the aging of the human body.

**Avocado oil** Ω9: 65 Ω6: 11 Ω3: 1 Smoke point: high 245°C  
 Obtained from the cold extraction of the pulp of the fruit *Persea Gratissima*, from organic farming. Typical oily flavor of avocado, intense and pleasant aroma. Ideal as a condiment for both raw and cooked foods. Great to prepare vegan mayonnaise, vinaigrette and desserts. Suitable for use at higher temperatures. Rich in oleic acid, it contains a high percentage of vitamin E, vitamin A and phyosterols, substances considered important in the treatment of cardiovascular diseases.

**Walnut Oil** Ω9: 18 Ω6: 53 Ω3: 12 Smoke point: low 150°C  
 Obtained by cold pressure of *Juglans regia* walnuts from organic agriculture. Rich nutty taste. Delicate flavour and original aroma of walnut. Delicate scent of fresh and balanced sweet-and-bitter taste. Ideal in its crude state to garnish vegetables and salads. Great as ingredient in cakes and desserts. Oil of typical topaz colour, its organoleptic qualities help to combat skin and cellular aging.

**Almond Oil** Ω9: 66 Ω6: 16 Ω3: 0 Smoke point: medium 180°C  
 Obtained by cold pressure of *Prunus Amygdalus Dulcis* almonds from organic agriculture. Typical flavour of almond, sweet and delicate. Ideal to give a touch of Mediterranean in fresh and cooked foods. Great as an ingredient in cakes and pastries. With a high content of oleic acid, it also contains proteins, vitamins and important minerals. Counteracts the damage of free radicals, slowing the oxidation of cells and has beneficial effects on mood and concentration.

**Hazelnut Oil** Ω9: 70 Ω6: 10 Ω3: 0 Smoke point: high 220°C  
 Obtained by cold pressure of *Corylus Avellana* hazelnuts from organic agriculture. Typical flavour of hazelnut, pleasant light aroma. Ideal as crude seasoning but also highly recommended as an ingredient for baking cakes. Rich in oleic acid, contains a good percentage of flavonoids, which play an anti-inflammatory and antiviral action and counteract the onset of tumors, and phyosterols, substances considered important in the treatment of cardiovascular diseases. It is also an excellent source of selenium (a mineral that prevents cellular aging) of calcium, Vitamins B6, B1, B2 and PP.

**Sunflower Oil - deodorized** Ω9: 75 Ω6: 10 Ω3: 0 Smoke point: high 225°C  
 Obtained by the cold pressure of *Helianthus annuus L* seeds from organic agriculture. Purified in water steam stream. Neutral taste with mild fragrance of sunflower. Ideal for preparing delicate sauces. Great for cooking and frying. High oleic acid content, rich in minerals, such as selenium, copper, phosphorus, iron, zinc, magnesium, manganese and source of vitamins E and B. Helps to maintain a healthy immune system and proper muscle functioning.

**Corn Germ Oil - deodorized** Ω9: 30 Ω6: 46 Ω3: 1 Smoke point: high 220°C  
 Obtained by the cold pressure of *Zea Mays* seeds from organic agriculture. Purified in water steam stream. Light and delicate flavour. Ideal to dress salads and cooked vegetables. Indicated for cooking too. Good value in linolenic acid and oleic acid in proper proportion. Contains Vitamins B, C, D, E, phosphatides, trace elements such as iron, manganese, copper, chromium, aluminium. Increases, therefore, the resistance to diseases and helps to the removal of cholesterol from the body. It is also indicated in many diets and as an ingredient in many traditional and herbal remedies.

Available sizes: 100 mL / 250 mL / 500 mL / 750 mL / 1L



OILS FROM FRUITS  
 COLD EXTRACTED  
 Extra Virgin Olive Intense IT and delicate EU- Avocado  
 OILS FROM NUTS  
 COLD PRESSED  
 Almond - Walnut - Hazelnut  
 OILS FROM SEEDS  
 DEODORIZED  
 Sunflower high-oleic - Corn germ