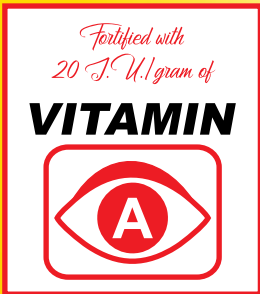


Processed and packaged by:  
Altisimo Global Services Ltd.

Rysan Plaza Opposite NNPC Filling Station,  
Kogo, Bwari, Abuja.

info@havi.com

09134139115 / 08032010844



# Havi

**GROUNDNUT OIL**

*...For healthy meals*

BATCH NO:

MFD DATE:

BB DATE:

Net Volume: 1Ltr

DIRECTION FOR USE: FOR COOKING AND FRYING

ALLERGEN CAUTION: DO NOT CONSUME IF ALLERGIC TO GROUNDNUT

NAFDAC REG. NO: A8-103258L

### Nutrition Facts

96 servings per container  
Serving size 1 Tbsp (14g)

Amount per serving	
<b>Calories</b>	<b>120</b>
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 9g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	

Vitamin E and B3  
Omega-3, Omega-6 and Omega 9  
Fatty acids

NOT A SIGNIFICANT SOURCE OF DIETARY FIBRE,  
TOTAL SUGAR, ADDED SUGARS, VITAMIN D,  
CALCIUM, IRON AND POTASSIUM.

\*The % Daily Value tells you how much a nutrient  
in a serving of food contributes to a daily diet. 2000  
calories a day is used for general nutrition advice.

INGREDIENT:  
Groundnut oil and 20 I.U./gram of Vitamin A



Storage condition:  
Stored in a cool dry place

