



SANA OIL EXTRACTOR

User Manual



- Keep the user manual where you can find easily and read "Important Safeguards" before using the product.
- This product is for home use (domestic use) and its commercial and industrial use is prohibited.

Model
EUJ-702

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READ THIS FIRST



Before using the Sana Oil Extractor, read the instruction manual carefully. It is important for user safety, proper operation of the extractor, and avoiding damage to the unit.



The Sana Oil Extractor is not a stand-alone device. It is designed as an attachment for specific auger juicers. The list of suitable models is on page 6 of this manual. In case of any doubts, please contact the seller. Attaching the extractor to a juicer not approved may damage or destroy the unit and is not covered by the warranty.



The Sana Oil Extractor can be used to extract oil only from types of seeds and nuts listed in this manual. Attempts to extract oil from materials other than those listed here may lead to device failure and is not covered by the warranty.



During operation, the body of the press, especially the front cap, heats up considerably. Touching these parts with bare hands may cause burns! Please exercise great caution and always use the included protective silicon glove.



Due to the risk of damaging the motor, do not operate the oil extractor for longer than 30 minutes. After this time, turn off the machine and let it rest for a minimum of 2 hours.



Most of the parts of the Sana Oil Extractor are made of stainless steel, which makes them relatively heavy. Dropping may cause serious damage or injury. Please be careful when handling them.



Wash the parts of the Sana Oil Extractor (except for the mounting unit) before the first use and always immediately after each use. Follow the instructions on page 15.



To ensure the highest quality of the Sana Oil Extractor, each unit is tested after production. For this reason, it may contain trace amounts of seeds.



IMPORTANT SAFEGUARDS

- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instructions concerning the use of the appliance by a person responsible for their safety.
- The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.
- Before you start to extract oil, always select the appropriate size of regulating ring depending on the type of seed. Please follow the instructions on page 8. Using the wrong regulating ring may lead to a device malfunction.
- Always make sure the Sana Oil Extractor is assembled correctly before use.
- Be careful not to put your fingers or other objects into the openings of the device. Do not use kitchen utensils (e.g. spoon, fork, knife, etc.) as a pusher. It may cause a serious injury or damage the device. If material becomes lodged inside and blocks the press, turn the motor off and disassemble the press to remove the blockage.
- Switch off the motor and disconnect from the power outlet before disassembling or changing accessories.
- Never use a hammer or any other similar tools when disassembling the press. This may cause damage not covered by the warranty.
- In case you encounter a problem with the press, always refer to the „Troubleshooting Guide” in this manual (pages 16-18). If the solutions described there do not resolve the problem, contact your dealer. Never attempt to repair the Sana Oil Extractor on your own or at a non-approved service center.
- Do not use the Sana Oil Extractor if any part is damaged, or if the juicer motor is not working properly or is damaged in any way.
- The Sana Oil Extractor is intended for household use only. Do not use it for anything other than its intended use.

TECHNICAL SPECIFICATIONS

Product name:	Sana Oil Extractor
Model:	EUJ-702
Warranty:	auger and regulating rings - 2 years other elements - 5 years
Weight:	2kg
Dimensions:	16.5 cm (length) x ok. 19.5 cm (height) x 7cm (diameter)

PARTS LIST



Parts and accessories in the box:

1. front cap	1 pc	7. regulating rings	2 pcs
2. auger	1 pc	8. metal pin	1 pc
3. working tube	1 pc	9. cleaning brush	1 pc
4. mounting unit	1 pc	10. strainer	1 pc
5. feeding tube	1 pc	11. protective glove	1 pc
6. funnel	1 pc	12. oil pitcher	1 pc



JUICERS COMPATIBLE WITH THE SANA OIL EXTRACTOR

Sana Oil Extractor is designed as an attachment for the following juicer models:

- Sana EUJ-707
- Sana EUJ-606
- Vidia SJ001
- Vidia SJ002
- Oscar DA-1000
- Oscar DA-1200
- Omega 8006(8226)
- Omega 8004(8224)



DO NOT USE THE SANA OIL EXTRACTOR WITH OTHER DEVICES NOT SPECIFIED ON THE LIST ABOVE. IT MAY DAMAGE BOTH APPLIANCES.



NUTS AND SEEDS THAT CAN BE PROCESSED

The Sana Oil Extractor is able to extract oil from the following seeds and nuts:

- flaxseed
- sesame seeds
- sunflower seeds
- pumpkin seeds
- rapeseeds
- primrose seeds
- hemp seeds
- black cumin
- poppy seed
- coconut shreds
- almonds
- walnuts
- hazelnuts
- peanuts
- pine nuts
- cashew nuts
- Brazil nuts
- pistachios
- macadamia nuts

CHOOSING SEEDS

- Always remember that the quantity and quality of the extracted oil depends greatly on the quality of materials used. **Low quality seeds have a lower oil content and will have a reduced oil yield.**
- **Look for types of seeds with high oil content.** Flax seeds are grown in many varieties. The types grown for fiber generally don't have a high oil content.
- **No oil extractor is able to extract oil from dry seeds** - if they are old, stale or weathered. Look for seeds which are fresh and have been stored in appropriate conditions for as short a period of time as possible.
- When starting your adventure with home oil extraction, **try to buy the seeds from a few different stores** to try out their quality and oil content. This way you can find the best places to purchase the highest-quality seeds.
- **Check the appearance of the seeds. Make sure they aren't spoiled. Check for discoloration or pests, such as insects or moths.**
- Please note that the oil which is being extracted during press's operation plays an important role in its proper operation. It lubricates the auger, cools it down and reduces friction. Processing seeds which lack oil can result in blockage of the auger.
- **Some seeds and nuts require preliminary crushing before processing.** You can do this with a knife, blender or a special chopper. Remember, however, not to crush the seeds too small. The size of the pieces should not be smaller than the size of a flax seed and not greater than the size of a sunflower seed.



CHOOSING THE REGULATING RING



1



2

Produce	ring #.
flaxseeds	1
sesame seeds	1
sunflower seeds	1
pumpkin seeds	1
rapeseeds	1
primrose seeds	2
hemp seeds	2
black cumin	1-2
poppy seeds	1
coconut shreds	2

Produce	ring #.
almonds	2
walnuts	2
hazelnuts	2
peanuts	2
pine nuts	2
cashew nuts	1-2
Brazil nuts	2
pistachios	2
macadamia nuts	2

Please note that sometimes you will need to use a different ring than what is recommended above. For example, if a seed is too dry, it might be necessary to use a smaller ring (with a lower number). On the other hand, if there is a problem with blockage - use a bigger ring (higher number).

SEEDS AND NUTS PREPARATION

SEEDS WHICH NEED TO BE SHELLED:

- pumpkin seeds
- sunflower seeds
- walnuts
- hazelnuts
- peanuts

 **The Sana Oil Extractor extracts oil only from seeds and nuts which are shelled.**

PRODUCE WHICH NEEDS TO BE CRUSHED BEFORE PROCESSING:

- pumpkin seeds
- walnuts
- hazelnuts
- almonds
- peanuts
- cashew nuts
- brazil nuts
- macadamia nuts.

These seeds and nuts, in order to be pressed properly, should be crushed to a smaller size. The size of the pieces should be bigger than a flaxseed or sesame seed, but smaller than a sunflower seed. This could be done with the help of a knife, blender or a vegetable chopper.

 **Don't blend seeds and nuts into a powder-like consistency. It will give poor yield and can block the oil extractor.**

PRODUCE WHICH HAVE TO BE FED VERY SLOWLY IN SMALL QUANTITIES:

- coconut shreds

It is always best with all seeds and nuts to start with small quantities and feed them slowly. But coconut need special caution. It need to be fed into the Sana Oil Extractor very carefully, and in very small portions (teaspoon at a time). If inserted to the press in larger amounts, the seeds may cause blockage and damage the parts. Always put only a few seeds at a time to avoid blockage. If it still occurs, see the „Troubleshooting guide“ section on page 18. (Problem 7).

ASSEMBLY INSTRUCTIONS



STEP 1

Place the working unit into the mounting unit, so that their holes overlap.



STEP 2

Put the feeding tube into the overlapped holes of both units. The marks on the mounting unit and feeding tube should be aligned.



STEP 3

Insert the auger into the working unit. Slide it all the way in, until its end does not protrude from the front of the working unit.



STEP 4

Depending on which seeds or nuts you are going to process, choose the proper regulating ring. Please refer to the instructions provided on page 8. Put the regulating ring into the front cap.



STEP 5

Place the front cap onto the working unit and turn it clockwise several times until it is fully tightened. Do not use excessive force. Do not use the metal pin to do this.



STEP 6

Attach the assembled oil press to the motor base of your juicer, the same way as you attach a juicing unit. Turn the locking clip clockwise to the „Close” position.



STEP 7

Place the funnel onto the feeding tube.



STEP 8

Put the oil pitcher with the strainer under the working unit.



STEP 9

Place a husk container under the hole in the front cap.



CAUTION: PROCESSING SEEDS WITH THE WRONG REGULATING RING MAY CAUSE POOR OIL EXTRACTION OR BLOCKAGE.

OPERATING INSTRUCTIONS



STEP 1

Prepare the seeds or nuts to be processed. Remember that some of them (e.g. pumpkin seeds, nuts) need to be crushed into a smaller size before you can put them into the oil extractor. Refer to the instructions on page 6.



STEP 2

Plug in the power cord. Press the „ON” button on the motor base to start the motor.



STEP 3

Pour the seeds or nuts into the funnel. The oil should start dripping after several seconds. At the very start of processing, the seeds may come out not fully crushed - this is normal. The pressure in the press needs to build up in order to extract the oil.



STEP 4

Please note that, depending on the type and quality of the produce, the amount of extracted oil and the extraction speed may vary. From time to time, the grooves on the working unit (where the oil comes out) may need cleaning. To do that, simply brush them with a cleaning brush a few times, during processing.



DON'T PUSH Always feed in the produce slowly. Do not push it in. Never use a pusher or any other object to force it down the feeding tube.



MAX 30 MIN Remember that the motor unit cannot operate continuously for more than 30 minutes. Never let it work longer. Stop and let it cool down about 2 hours after 30 minutes of continuous use.



BE CAREFUL During operation, the working unit and the front cap of the oil extractor get hot. Never touch it with your bare hands. Always use the included protective silicon glove.

DISASSEMBLY INSTRUCTIONS

STEP 1

Wait until the oil extractor finishes processing the produce - when the oil stops dripping and the funnel is empty.

STEP 2

Turn off the motor by pressing the „OFF” switch and wait until it stops completely.

STEP 3

Put the metal pin through the holes in the front cap, and rotate it counterclockwise. This will loosen up the front cap.

STEP 4

Caution! The front cap gets very hot. Use the protective glove to unscrew it from the working unit.

STEP 5

Turn the motor back on for 4-5 seconds so that the husks inside the working unit can be expelled.

STEP 6

Turn off the motor again by pressing the „OFF” switch. Wait until it stops and then press and hold the „REV” button for 3-4 seconds. This will help to remove the auger.

STEP 7

Unplug the power cord from the outlet.

STEP 8

Remove the funnel and the feeding tube.

STEP 9

Caution! Use the protective glove to pull out the auger and the working unit from the mounting unit.

STEP 10

Turn the locking clip of the motor to the „Open” position and remove the mounting unit.

CLEANING INSTRUCTIONS

- Cleaning of the oil extractor parts needs to be done immediately after each use, when the remains of oil and seed pressings are still fresh and easy to clean.
- The following parts should be cleaned in warm, soapy water: auger, front cap, working unit, feeding tube, funnel, regulating rings and oil pitcher. Use dish soap or other gentle detergent. Dry the parts using a soft cloth or a paper towel.
- **Remember to never wash the extractor's mounting unit.** The mounting unit of the oil extractor cannot get wet. Never put it in water or splash water on it. The water can cause the bearing, which is inside the mounting unit, to rust.



NEVER WASH THE MOUNTING UNIT The mounting unit of the oil extractor cannot get wet. Never put it in water or splash water on it. The water can cause the bearing, which is inside the mounting unit, to rust.



DON'T HIT Do not hit the parts with a hammer or any other hard tools. It may cause deformation or damage of the oil extractor.



ATTENTION! THE SANA OIL EXTRACTOR PARTS SHOULD NOT BE ASSEMBLED IF THEY ARE WET. WAIT FOR THE PARTS TO DRY COMPLETELY BEFORE ASSEMBLING AND OPERATING THE OIL EXTRACTOR.

TROUBLESHOOTING GUIDE

PROBLEM 1

The oil is running very slowly or is not dripping at all.

1. Are the grooves on the working unit unobstructed? From time to time, it may be necessary to clean the grooves during the oil extracting process. For that purpose, there is a special cleaning brush included in the Sana Oil Extractor set. In case you notice that the oil is running slower than before, or isn't running at all, clean the grooves using the provided brush.
2. Please note that some seeds, especially nuts or dried coconut shreds, give little oil while being pressed. This is normal, as these kinds of materials are far less oily than produce such as flaxseed or sesame seeds (of good quality).
3. Perhaps the seeds you are trying to extract oil from are too old and dry inside (there is very little oil left inside of them). Buy your seeds somewhere else, until you find a good source. For details on this topic, see page 7.

PROBLEM 2

The oil isn't running, even though the seeds are being collected and processed by the extractor. The pressings are coming out of the extractor through its front cap like they should.

1. Check whether a proper regulating ring has been used for processing the particular type of seeds or nuts. For every type of nut or seed there is a recommended regulating ring - for details see page 7.
2. Check whether the oil extractor has been properly assembled. If you're not sure, disassemble the machine and reassemble it while carefully following the instructions from page 9.
3. If the machine has been properly assembled according to the instructions, and the oil still isn't running, there is a high possibility that the material you are trying to press is too dry inside. Unfortunately, there is always the chance of purchasing low-quality seeds in shops. Don't be disheartened by this. Try buying your supplies somewhere else until you find a good source. For details on this topic, see page 6.
4. From time to time, it might be necessary to clean the grooves during the oil extracting process. For that purpose there is a special cleaning brush included in the set. In case you notice that the oil is running slower than before, or isn't running at all, try cleaning the grooves using the brush.

PROBLEM 3

The oil isn't coming out, the seeds are not going in, and the pressings aren't coming out the extractor.

1. If you are attempting to extract oil from pumpkin seeds or nuts, maybe you haven't crushed them sufficiently enough, or a bigger piece had blocked the press. Switch the motor into reverse mode for 2-3 seconds. Wait until you hear it stop, then switch it on again and see if the problem has been solved. It may be necessary to repeat this step 2-3 times. If you tried this and the machine still isn't working, try disassembling the press and cleaning out any seeds or husks from the auger and working unit. Assemble the press once again and make sure the produce has been prepared for extraction according to the guidelines from page 9. Remember that some materials require crushing or removing their husks.

PROBLEM 4

The oil is not dripping and the pressings coming out of the extractor's front cap are not sufficiently dry or crushed.

1. Check whether correct regulating ring has been used. Every kind of seed and nut which can be extracted in the Sana Oil Extractor has a recommended regulating ring to use during the extraction process - for more details see page 8.
2. Check whether the extractor has been assembled properly. In case of doubt, disassemble the machine and then put it back together while carefully following the instructions from page 10.

PROBLEM 5

The motor is working but the auger isn't rotating.

1. Check whether the auger has been properly inserted into the working and mounting units. If properly assembled, the auger's end should be fully mounted in the juicer's hexagonal slot. If not, disassemble the extractor and assemble it once again according to the instructions on pages 10-11.

PROBLEM 5

There is a loud squeaking noise during the oil extraction process.

1. Some amount of squeaking is normal when extracting flax seeds. The squeaking should disappear after a couple of minutes or during the next extraction
2. If the squeaking doesn't disappear, check if the proper regulating ring has been used. For instructions see page 8.

PROBLEM 7

The motor has stopped working during the oil extraction.

1. What kind of seeds were being processed in the oil extractor when the motor stopped? If you were extracting oil from coconut shred or fennel flower, make sure you didn't put too many seeds into the extractor. If this is not the case, make sure that you used the proper regulating ring. The above-mentioned types of seeds should be pressed only using regulating ring #2. Also, the seeds should be put into the extractor slowly and in very small portions (to learn more about each seed's requirements, see page 9). If you didn't follow the above-mentioned guidelines, disassemble the Sana oil extractor. Make sure to clean out the inside of the press - especially the auger and the working unit. After emptying the press, assemble it once again with the correct regulating ring. Remember to insert seeds slowly and in small portions.
2. It is possible that a small object (e.g. a stone or a shell) has fallen into the oil extractor through the feeding tube. To check and remove such objects, disassemble the Sana Oil Extractor and clean the auger, feeding tube and working unit. Reassemble the extractor and make sure to check your seeds for any foreign objects. Remember that nuts and seeds can be extracted only after removing their husks (to learn more about seeds see page 9).
3. Check whether the oil extractor has been properly assembled. If you are not sure, disassemble it and put it together once again according to the instructions on page 10.
4. Are you sure you are trying to extract oil from a material which is suitable for pressing in the Sana Oil Extractor? Make sure to check the list of acceptable materials to extract oil from on page 6. Never put any materials which are not on the list into the oil extractor.
5. Check whether the motor works. Disassemble the Sana Oil Extractor from the motor, then switch the motor on. If it works well it means the problem lies within the oil extractor. If you encounter problems with the motor, it may be the case that the unit is overheated or it is suffering from a malfunction.
6. Perhaps the motor has been overheated, and the thermal safety switch has been activated. Remember that the motor which drives the oil extractor can work continuously for a maximum of 30 minutes. After this time period, the machine has to be switched off in order for it to cool down.

STORING COLD-PRESSED OIL

It is best to use the cold-pressed oil immediately after extraction – when its health benefits are the greatest. With the Sana Oil Extractor you can extract just as much oil as you need now. However, if you prefer to store some oil, here are some tips to help you sustain its freshness and health benefits:

- Store the oil in dark or amber glass bottles which don't allow light inside.
- Make sure the bottle is closed tightly.
- Keep the oil in dark, shady places away from direct sunlight.
- Store in a cool, dry place.
- You can store oil in a refrigerator, but not in a freezer - oil thickens at lower temperatures.
- Put a label on the bottle. Write the date you extracted the oil and its shelf life.
- Store your oil away from heat sources - high temperature destroys some nutrients.
- Remember that the oils are flammable - keep them away from the stove or oven.

HOW TO USE THE HUSKS

The waste produced during oil extraction consists of the remains of the seeds (the husks) without oil. It isn't as full of nutrients as the whole seeds or the extracted oil, but it still has benefits. It contains a lot of fiber (which cleanses and helps the digestive system) as well as any nutrients which were not extracted with oil. It can be used as a valuable ingredient in a variety of dishes. You can certainly find interesting uses for it. Here are a few examples

- healthy cookies and bars
- breakfast oatmeal and muesli
- salads, breads and cakes
- healthy food for your pets

HEALTH BENEFITS OF OILS



Flaxseed oil

Flaxseed oil is valued most for the high content of the unsaturated fatty acid Omega 3. It also contains high amounts of Vitamin E, known as the „vitamin of youth“.

A popular treatment against certain diseases is the specific type of flaxseed oil called Budwig. It's named after Dr. Johanna Budwig, the author of a diet which uses a specific variety of flax seed with a particularly high content of unsaturated fatty acids.

Regular consumption of flaxseed oil has many positive effects, including:

- preventing cardiovascular diseases
- reducing the risk of brain, digestive and nervous system diseases
- helping in treatment of certain skin diseases (e.g.: lupus and psoriasis)
- promoting weight reduction
- helping to slow down the aging process of the skin and whole body through Vitamin E.



Sesame oil

Sesame oil is a good source of the unsaturated fatty acids Omega 6 and Omega 9. It also has significant amounts of vitamins and minerals, including vitamins A, E, and K, phosphorus, zinc, iron, magnesium, calcium, and certain B-vitamins. The consumption of this oil is recommended in the treatment of a number of ailments, as well as for general body health. Here are some of the health benefits of sesame oil:

- cancer prevention,
- lowering the risk of atherosclerosis, heart attacks and strokes,
- high blood pressure and cholesterol management,
- constipation treatment,
- osteoporosis prevention,
- overall skin health.

Sunflower oil

Consumption of sunflower oil extracted from shelled sunflower seeds is recommended for deficiencies of or to temporarily increase the level of vitamin E, beta carotene, or Omega-6 fatty acid in the body. This oil is also an excellent source of lecithin and linolenic acid. This oil is used in the treatment of many conditions including.:

- **elevated cholesterol level,**
- **problems with fertility in men**
- **low immunity,**
- **skin problems typical for mixed or oily types of skin,**
- **calf cramps,**
- **headaches,**
- **bowel diseases,**
- **sinusitis.**



Pumpkin seed oil

Pumpkin seed oil is commonly valued mainly because it is a great resource of such nutrients as vitamins A, C, D, E, B1, B2, B6, potassium, selenium and zinc, as well as phytosterols. This oil is a highly bioavailable source of zinc, which is why it is recommended for diseases of the prostate or urinary tract. In addition, regular consumption of pumpkin seed oil is beneficial for:

- **regulating cholesterol levels,**
- **preventing atherosclerosis**
- **combating gastrointestinal parasites,**
- **treating acne and other skin lesions,**
- **anti-cellulite treatment,**
- **boosting immunity,**
- **helping in treatment of depression and mood swings.**



HEALTH BENEFITS OF OILS



Canola oil

Canola (rapeseed) is appreciated not only because of the rich content of Omega-3 and Omega-6, but also because of the proper proportions of these two (1:2). In this aspect, canola oil appears to be unmatched in comparison to other oils. In addition to this advantage, canola oil is also a very rich source of fat-soluble vitamins such as A, E, D3, K and beta-carotene.

Thanks to its composition, canola oil is considered a valuable dietary supplement. Here are some examples of its beneficial properties:

- prevents heart and cardiovascular diseases
- regulates dietary cholesterol
- boosts metabolism
- reduces symptoms of psoriasis
- helps in arthritis treatment
- improves the appearance of skin
- boosts the immune system.



Poppyseed oil

Poppyseed oil contains up to 70% of the unsaturated fatty acid Omega-6, which has a very positive effect on the cardiac system. It can lower the cholesterol levels, prevent arteriosclerosis and reduce blood clots. It also reduces the risk of stroke.

Poppyseed oil shouldn't be used for cooking, because higher temperatures causes it to lose its valuable nutritional properties. It can, however, be used as an addition to salads, dressings, sauces and many other dishes.

Hemp oil

Hemp oil is extracted by crushing the seeds of hemp – a variety which doesn't have any narcotic properties. Cold pressed and unrefined hempseed oil is a rich source of Omega-3, 6, and 9. These compounds make up 75% of this oil. The rest of the oil contains large amounts of vitamin K, E, A, B-vitamins, phytosterols, phospholipids, chlorophyll, and other minerals. Thanks to its unique composition, hemp oil has multiple health benefits and can be a valuable supplement, especially for:



- **regulating blood coagulation**
- **heart attack prevention**
- **psoriasis treatment**
- **atopic dermatitis treatment**
- **irritations of the skin and mucous membranes**
- **healing wounds and burns**
- **daily care of dry skin**

Coconut oil

Coconut oil is the richest source of saturated fats. About 62% of the oil is made of medium-chain fatty acids, which are much easier to digest than other fatty acids – they are metabolized in the liver directly into energy (or ketone bodies). What's more, the medium-chain fatty acids have antifungal, antibacterial, and antiviral properties, protect the liver, and reduce hunger (thus contributing to weight loss).

Coconut oil is also valued as a cosmetic ingredient. It moisturizes the skin and hair, smoothes it, and protects from damage and UV rays.

Research shows that coconut oil can also improve brain function in people with Alzheimer's disease, help in treating arthritis, and reduce inflammation.



HEALTH BENEFITS OF OILS



Black cumin seed oil

Nigella sativa, commonly known as black cumin, is a plant that produces small dark seeds. The seeds contain a lot of valuable ingredients such as: phospholipids, phytosterols, flavonoids, many vitamins (A, E, B1, B3, B6), and minerals such as zinc, selenium, magnesium, calcium, iron and sodium. The substances tymoquinone and nigellon deserve special attention due to their high anti-inflammatory and antibacterial properties. In addition, black cumin oil contains Omega 3, Omega 6 and Omega 9 fatty acids. Some of the main health properties which black cumin oil is famous for are:

- bronchodilator capabilities (helping against asthma and bronchitis)
- lowering levels of bad cholesterol and decreasing its absorption from food,
- relaxing effect on the nervous system,
- smoothing properties for the skin and treating acne, psoriasis, rash and atopic dermatitis.
- colds and flu prevention
- improving immunity



Evening primrose oil

From the seeds of evening primrose, you can extract oil composed of unsaturated fatty acids (linoleic acid and gamma-linolenic acid), which helps to raise the „good“ cholesterol HDL in the body. Evening primrose oil also contains calcium, magnesium, selenium, zinc, proteins and phytosterols, a large dose of polyphenols and vitamin E. Evening primrose oil is used in treatment of:

- chronic fatigue syndrome,
- nerve damage from diabetes,
- osteoporosis,
- PMS symptoms,
- arthritic and rheumatic pain,
- high blood pressure,

Walnut oil

Walnut oil is considered one of the richest in fatty acids (Omega-3 in particular). It is rich in phytonutrients and minerals, such as phosphorus, magnesium, zinc, iron and calcium. It also provides B-vitamins, vitamin E and niacin. Among the many health properties of walnut oil, the most important ones include reducing the risk of heart disease and lowering bad cholesterol and triglyceride levels. Walnut oil is rich in antioxidants, which combat free radicals, thus inhibiting aging processes and reducing the risk of cancer. Moreover, walnut oil has antiseptic, anti-inflammatory, antifungal and even painkilling properties.



How to store: walnut oil can be stored for about 6-12 months in a cool, dry, dark place.

Almond oil

Almond oil is a good source of vitamin E, minerals such as zinc, magnesium and potassium, and monounsaturated fatty acids.

This oil can be applied directly on the skin, especially after bathing. It has excellent moisturizing, softening, smoothing and cleansing properties. It is hypoallergenic and gentle, which makes it suitable even for infants and people with sensitive skin.

Regular consumption of almond oil brings many benefits to the body. It boosts immunity, improves digestion and heart function, regulates blood pressure, reduces the risk of cardiovascular disease, and helps to lower cholesterol levels. It also has a positive effect on the functioning of the nervous system and memory.



How to store: the shelf life of cold-pressed almond oil is approx. one year, though it must be stored in a dry, cool and dark place.

HEALTH BENEFITS OF OILS



Hazelnut oil

Hazelnut oil is a good source of vitamins E and B, as well as monounsaturated fatty acids such as oleic acid, which lowers cholesterol levels.

Partially thanks to its high content of flavonoids, the oil has a beneficial effect on the skin, combats acne, has anti-aging properties and it protects against harmful UV rays. Applied directly to the skin it moisturizes, smoothes and nourishes it.

Researches show that consumption of hazelnut oil can alleviate stomach ulcers, protect against gallstones, and support the digestive system. In addition, when used as a part of the daily diet, it helps in preventing heart and circulatory system diseases.

How to store: hazelnut oil can be stored for about 6 months in a dry, dark place. Do not store it in the refrigerator, as it becomes cloudy at low temperatures.



Peanut oil

Peanut oil is rich in vitamin E, magnesium, potassium, folic acid and copper, and contains no cholesterol at the same time. What's more, it is a good source of phytosterols, which help to reduce the levels of cholesterol in the body by up to 15% and help prevent heart diseases and atherosclerosis.

Some benefits of peanut oil include reducing the risk of cancer and degenerative disease, the ability to lower blood pressure, improving cognition and functioning of the nervous system, strengthening the immune system, and protecting against free radicals.

How to store: peanut oil can be stored for about 6 months in a cool, dry, shaded place.

Cashew nut oil

Cashew nut oil is a good source of B vitamins, vitamin E, selenium, zinc, calcium, magnesium, potassium, iron and antioxidants. It boosts the immune system, reduces the risk of cancer, and improves memory and brain function.

Thanks to the content of unsaturated fatty acids, it provides energy, speeds up the metabolism, lowers triglycerides levels, reduces levels of „bad“ cholesterol and raises levels of „good“ cholesterol.

Cashew nut oil has very beneficial properties for the skin – it smoothens, moisturizes, prevents aging, and improves its tone.



How to store: cashew nut oil is best stored in the refrigerator. It is suitable for consumption for up to 12 months after production.

Brazil nut oil

Brazil nut oil is particularly rich in selenium. It also contains vitamins A and E, copper, and antioxidants. It helps prevent melanoma and other cancers, and has anti-inflammatory and cleansing properties.

Due to the content of Omega-3 fatty acid, brazil nut oil reduces the risk of cardiovascular disease, lowers levels of „bad“ cholesterol and provides energy to the body. In addition, it strengthens the immune system and bones, helps to fight colds and flu, reduces the effects of stress, relieves migraines, and boosts memory.

Brazil nut oil also has moisturizing, nourishing, regenerating, antioxidant and anti-aging properties. Because of this, it is a common ingredient in skin and hair cosmetics.



How to store: brazil nut oil is suitable for consumption for up to 2 years, when stored under appropriate conditions (in cool, dry and dark place).

HEALTH BENEFITS OF OILS



Pistachio oil

Pistachio oil contains many of the nutrients that our bodies need. It is a good source of many antioxidants, carotenoids, vitamins C and E, B-vitamins, copper, iron, manganese, potassium, zinc, phosphorus, magnesium, and selenium.

Regular consumption of pistachio oil may help to lower level of „bad“ and raise the level of „good“ cholesterol. What's more, thanks to its high content of antioxidants, it reduces the risk of cancers, heart disease and slows down the aging process.

In addition, pistachio oil helps to prevent diabetes and to manage its symptoms. The high content of vitamin B6 helps to oxygenate the blood, boosts the nervous system, and increases immunity. Vitamin E present in pistachio oil nourishes the skin, improves its appearance, and protects against UV rays.



Pine nut oil

Pine nut oil has been used for centuries in Russian and Chinese medicine as a remedy for stomach and digestive system problems. It is believed to help in the treatment of stomach ulcers and inflammation of the mucous membranes of the stomach and duodenum.

Research shows that pine nut oil helps in weight loss by suppressing the appetite and lowering levels of „bad“ cholesterol.

In addition, pine nut oil has anti-inflammatory effects, strengthens the immune system, and boosts energy. It is rich in vitamin E and Omega-6 and Omega-9 fatty acids, which have a positive effect on joints and skin.

How to store: pine nut oil is best stored in the refrigerator. It is suitable for consumption up to 12 months from after extraction.

CEREAL PREPARATION

For the best results, use shelled oats (without husk) or shelled rye. Use regulating ring #2. Turn the machine on and slowly put the seeds into the extractor's funnel. Watch the process of flaking the seeds.

If the press gets blocked and stops working, see „Troubleshooting guide“ section on page 18 (Problem 7).

RECIPE: Breakfast with Sana Oil Extractor

Ingredients:

- | | | |
|---------------------|---------|--|
| • oat, fresh | 1 cup | 1. Extract oil from flax seeds using regulation ring #1. |
| • flax seeds, fresh | 1/2 cup | 2. Using protective glove, change to regulation ring #2 and process the fresh oats. |
| • dates, dried | 5 pcs | 3. Place oats into a bowl and add sliced banana, dates, and cinnamon. Add almond milk and flax seed oil. |
| • cinnamon | 1 tsp | |
| • banana, sliced | 1 pc | |
| • almond milk | 1 cup | |



WARRANTY AND SERVICE

The Sana Oil Extractor is covered by the manufacturer's warranty. The warranty period for the auger and regulating rings is 2 years. The remaining parts have a 5-year warranty. The warranty covers normal household use only. Damage and malfunctions caused by using the Sana Oil Extractor for purposes or in a manner other than specified in this manual are not covered by the warranty.

The warranty is provided based on a warranty card issued by the seller with every machine sold. Conditions of the warranty are specified in detail on the warranty card.

In case of problems with the Sana Oil Extractor, please check the „Troubleshooting Guide” section in the manual on pages 16-18. If the problem remains after following the instructions listed, please contact the manufacturer's authorized service center.



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