

A person wearing a black and white striped shirt is holding a branch of macadamia nuts. The person's hands are visible, and they are wearing a ring. The background is a blurred natural setting. The word 'plenty' is written in a stylized font at the top of the image, and a similar logo is on the person's shirt.

plenty

Unlocking the benefits of the remarkable macadamia nut.

**Macadamia. Australia's precious native tree nut.**



PROUDLY  
AUSSIE  
OWNED



## PLENTY OF PROMISE

**Plenty were the first in the world to press Macadamia nuts into oil in 1986, and we remain Australia's largest producer of this amazing, delicious, healthy oil.**

Macadamias originated in the ancient rainforests on the east coast over 60 million years ago. The Australian industry remains centred here, where the rich volcanic soils and sub-tropical climate form the ideal environment for macadamias to flourish.



## Australia: the perfect macadamia growing environment

Plenty is the leading manufacturer of quality cold pressed gourmet and specialty oils in Australia. An Australian owned company, we are dedicated to working with high quality, locally grown produce that supports our network of Australian growers.

Plenty was the first in Australia to develop cold pressing techniques that harness flavour and nutrients inside the oil. Now, with state-of-the-art technologies and purpose-built facilities, Plenty has secured its current position as not only a leader in cold pressed oils, but in plant based nut flours in the near future.

Plenty is committed to the future, in everything we do, we are mindful of our responsibility to current and future generations. We are passionate about conserving the water, soil, air, native vegetation and wildlife to help create a sustainable future not only for ourselves but for the larger community.

Cold pressed oils, nut flours and quality, locally grown plant-based products are experiencing rapid growth, globally. Plenty is perfectly placed to be a partner of choice in leveraging those opportunities.

## MACADAMIA OIL IN COOKING

When people talk about cooking oils, the conversation often begins and ends with olive oil. But a host of other oils can be used to create sweet and savoury dishes – and these oils can often be easier to use and a lot healthier for you. One of the most versatile is macadamia oil.

### PROVENANCE

Native to Australia, they originated in the rainforest and were eaten and traded by indigenous people.

### BETTER FOR YOU

They are full of healthy fats and provide a host of health benefits.

### ETHICAL

Answers consumer demand for food grown sustainably, transparently and ethically.

### TRULY SPECIAL

Unique and premium taste, and texture will transform any dish into something more special and exclusive.

### AN AUSSIE ICON

Australia produces premium quality macadamias and is a world leader in macadamia production. Like the Harbour Bridge, the macadamia is a local icon.

### NATURAL APPEAL

Macadamias are a natural product grown with care that supports good mental and physical wellbeing.

**No other nut is as special as the macadamia nut**



### HEALTHY FATS

A key feature of macadamia oil is its high proportion of monounsaturated fats - around 80% of the total (versus 70% in olive oil). Monounsaturated fats are recommended for good health. Replacing saturated fats with unsaturated fats like those in macadamia oil helps maintain ideal blood cholesterol levels and a healthy heart.<sup>i</sup>

The Heart Foundation Australia recommends healthy fat choices including nuts, seeds, avocados, olives and their oils for cooking.<sup>ii</sup> Macadamia oil is a source of vitamin E which is a natural antioxidant that helps protect cells.

- Low proportion of saturated fats.
- No harmful trans-fats.
- Naturally cholesterol free.
- Naturally sugar-free.
- Naturally low in sodium.
- Pure and plant-based (no animal ingredients).

### VERSATILITY

Macadamia can be used for salad dressings, frying and deep frying, as a substitute for butter in baking cakes, as a drizzle for potatoes and other vegetables, in marinades and pesto, with dukkha, and just about anything you can think of. It even challenges olive oil for flavour in many classic Italian recipes.

### SHELF LIFE

Premium macadamia nut oil has a shelf life of up to three years. To relish the full, unadulterated flavour and quality of this rich golden oil, look for macadamia nut oil that is minimally processed, pressed in chilled expellers and filtered without the use of heat or chemicals - like Plenty Macadamia Oil!

<sup>i</sup> Australian Dietary Guidelines 1-5; guideline 3. <https://www.eatforhealth.gov.au/guidelines/australian-dietary-guidelines-1-5> accessed 8.9.22

<sup>ii</sup> Heart Foundation Australia [https://www.heartfoundation.org.au/getmedia/f1d22267-7381-4513-834b-df317bed9a40/Nutrition\\_Position\\_Statement\\_-\\_DIETARY\\_FAT\\_FINAL-4.pdf](https://www.heartfoundation.org.au/getmedia/f1d22267-7381-4513-834b-df317bed9a40/Nutrition_Position_Statement_-_DIETARY_FAT_FINAL-4.pdf) accessed 8.9.22



## So what makes macadamia oil so special in cosmetic use?

Macadamia oil is not only non-toxic, non-allergenic and non-inflammatory, it has demonstrated uniquely effective anti-aging and antioxidant properties. It is extremely versatile for safe and effective use on hair and skin, and macadamia oil maintains its benefits regardless of whether it's used as a component in the creation of other cosmetic products, or if it's applied without any additives.

Macadamia is a versatile natural cosmetic for high-performance emulsions, lip balms and conditioners. The natural properties are enhanced by our unique refining process resulting in an ultra-pure oil, with these benefits:

- An unusually high concentration of Palmitoleic acid - a moisturising fatty acid that young skin produces naturally. This makes macadamia oil an ideal ingredient as the principle cosmetic oil in skin care preparations and emulsions.
- Other fatty acids that build skin health, elasticity and smoothness.

- Manganese - helps rebuild collagen and connective tissue in the skin.
- Vitamin E and squalene - natural antioxidants that gently remove external pollutants.
- Naturally rapid absorption into skin and hair - effective moisturising without any oiliness.
- Maintains its benefits whether applied without additives, or when combined with other ingredients in the creation of cosmetic products.
- Easy to work with - flexible consistency which can be adjusted without further additives and high oxidative stability
- Colourless and odourless

In essence, macadamia oil has shown itself to have unique properties that make it an extremely versatile, effective, and environmentally friendly cosmetic choice with wide application in skin care, anti-aging treatments, sun care, lip care, hair care and baby care.

## MACADAMIA OIL IN COSMETICS

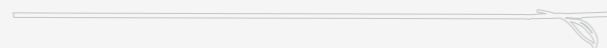
**Macadamia oil is well-known for its culinary superpowers, but it has just as many unique cosmetic properties!**

While other plant-based oils have been studied and used in cosmetics for hundreds to thousands of years, macadamia oil has only recently been given the spotlight for its incredible cosmetic benefits and versatility.

These benefits have not been a mystery to Indigenous Australian tribes in the subtropics - for thousands of years, macadamia nuts have held special significance for these tribes, both as a food source and used in pulp-form for skincare.

However, even though macadamias were exported commercially from the mid 19th century, it wasn't until the 1990s that researchers began to thoroughly explore the cosmetic possibilities and benefits of macadamia oil.

As more previously popular nut oils in cosmetic production like walnut oil became environmentally unsustainable and harder to source, cosmetic research started to look further for alternatives. Throughout these studies, one of these nut oils consistently stood out for its exceptional cosmetic properties and benefits - the humble Australian macadamia.



# HOW YOU CAN BUY MACADAMIA OIL FROM PLENTY

## Deal direct with the manufacturer for all your food, nutritional, cosmetic and pharmaceutical grade oil needs.

At Plenty we produce only the highest quality cold-pressed oils sourced from Australian-grown produce. We cater for most oilseed, nut, and fruit oils produced in Australia and have a select range of quality commodity oils to meet our customer's oil requirements.

We have unmatched technical capabilities and utilise state-of-the-art cold press technology (screw press and centrifuge processes), filtration, storage, winterising, inventory management, packaging, drumming, bottling, laboratory testing and freight services.

As we are based in South East Queensland, close to many of the nut, fruit and seed crops, we can provide consistency in quality and continuity of supply, as well as reducing lead times within your supply chain, eliminating the costs and complexity of overseas freight, customs and quarantine.

Our valued customers include; distributors, wholesalers, food manufacturers, and retailers. Enjoyed locally and exported around the world.

### PACKAGING FORMATS

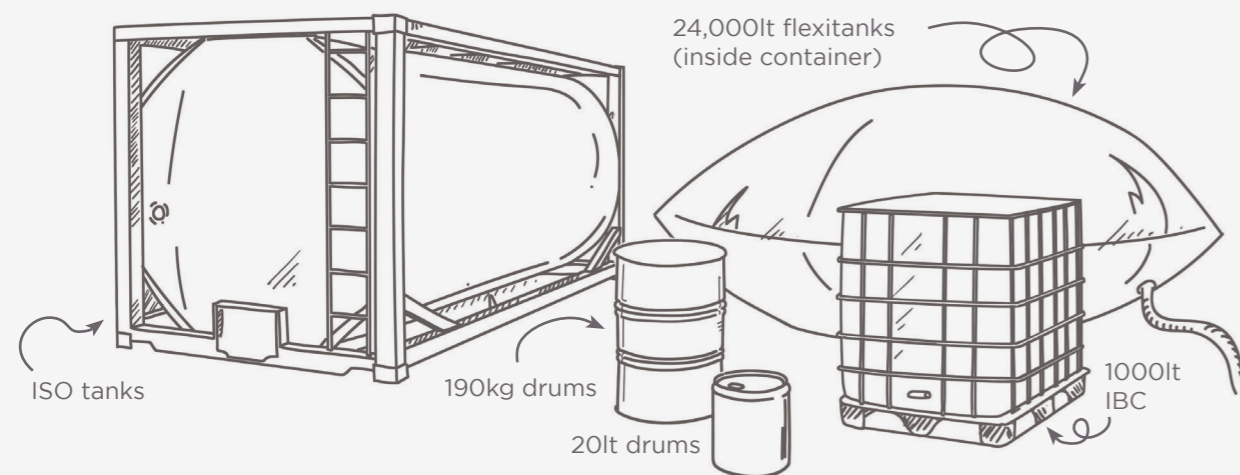
We have a diverse and innovative range of bulk shipping options, one of which is sure to meet your requirements, including;

- 20lt (small) white drum (example here)
- 190kg (large) white drums (see image above)
- 1000 lt IBC (see palette-sized white plastic cubes inside metal "cages" in image above)
- 24,000 lt container flexitanks (not pictured)
- Road tankers of ISO's

### OIL REFINING

New refining technology for chemical-free processing;

- Physical steam refining (as opposed to chemically refined)
- Small batch ability
- Minimal changeover
- Losses minimised
- High yields





## CAPABILITIES

### FACILITIES

Our state-of-the-art computer operated cold pressed facility is the first of its kind in the world; purpose-built for specialty oils including tree nuts. It has been built using the very latest German engineering incorporating Industry 4.0 control. This provides real time Quality Assurance monitoring and yield-maximising adjustments.

Our bottling lines manage fast accuracy and digital coding for traceability.

Processing capacities for crushing and refining are 300 tonnes per week feeding to bottling lines that fill more than 6 million bottles per year.

Daily distribution is managed with our logistics partners to each State and directly to the Brisbane Port. Global supply chains link our products to almost every country.

### EQUIPMENT

- Cold pressing plant.
- Cold storage 1,800 pallets capacity.
- Raw material storage silos 1,500 tonnes capacity.
- Steam refinery.
- 3x oil bottling lines.
- Peanut butter production and bottling line.
- 35x stainless steel bulk tank storage holding 1.5 million litres.

### PEOPLE

Plenty employs around 40 full time staff operating a 24hr facility. These highly skilled people include process workers, lab technicians, QA and HR managers and office staff. We operate with high levels of financial accountability with a mature management and governance structure.

### VALUES

Plenty is a values based organisation with strong community roots and a belief in excellence and care, in everything we do. We're committed to continuous improvement and innovation not just for ourselves, but because these are standards we believe contribute to the lives of others and strengthen our communities.

### OUR QUALITY RECORD

Our food safety program is also certified to international standards, using the British Retail Consortium (BRC) standards of Global Standard Food Safety and Global Standard Storage and Distribution. Plenty seeks to improve quality by way of regular internal audits of our food safety and quality processes. We also meet the HACCP Food Safety for the bottling, refining and packaging of cold pressing of nuts and seed oil and Good Manufacturing Practise (GMP), assuring that our products are not only the highest quality our customers expect but produce no harmful waste.

### SUSTAINABILITY

We source our raw materials from like-minded growers who are leaders in using ecologically sensitive techniques. Our growers also use regenerative agriculture, which is the key to lowering pollution, increasing biodiversity and rebuilding homes for Australian wildlife. Being central to the growing areas means less kilometres in our supply chain. The meal (waste) produced from the production of our oils goes to stockfeed which reduces our waste footprint and provides our primary producers with a healthy, sustainable source of high protein meals for feedlots and dairies, rather than going to landfill.

### ACCREDITATIONS

BRC rating certified by SAI Global  
GMP (Good Manufacturing Practice)  
HACCP and Organic Certified





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**plenty**

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