



# Buy Cold Pressed & Wood Pressed Groundnut Oil (Peanuts)- Liflic

Looking for high-quality cold-pressed oils in Pune? Liflic.in is your go-to destination as a leading **Cold Pressed Oil Manufacturer in Pune**. We offer a range of pure, natural oils that retain essential nutrients and flavors, making them the perfect choice for a healthy lifestyle. Our oils are extracted using traditional wooden churners, ensuring that the oil retains its natural goodness.

As a trusted **Cold Pressed Oil Supplier in Pune**, we take pride in delivering premium-quality oils like coconut, sesame, and groundnut oils. Our commitment to quality ensures that you get oils that are free from chemicals and additives, perfect for cooking and personal care.

At Liflic, we also serve as a reliable **Cold Pressed Oil Dealer in Pune**, providing customers with easy access to our top-quality products. Whether you are a retailer or an individual, we cater to all your cold-pressed oil needs with unmatched customer service.

Visit : <https://www.liflic.in/product/groundnut-oil>

## Ø Multiple types of oil are available our shop :

- Cold Pressed Groundnut Oil
- Cold Pressed Coconut oil
- Cold Pressed Sunflower oil
- Cold Pressed Almond oil
- Cold Pressed Mustard oil
- Cold Pressed Peanut oil
- Cold Pressed Sesame oil

**Required for more Information related to Cold Pressed Oil Call now : +91 74200**

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## Ø Some key benefits of cold-pressed oils:

1. **Rich in Nutrients:** Cold-pressed oils retain their natural vitamins, minerals, and antioxidants, which are often lost in the heat-based extraction process.
2. **Better Flavor:** Since cold-pressed oils are minimally processed, they preserve the natural aroma and flavor of the seeds or nuts they are extracted from.
3. **Free from Chemicals:** Cold-pressed oils are extracted without the use of chemicals or solvents, ensuring a pure and natural product.

4. **Heart Health:** These oils are often rich in healthy fats like omega-3 and omega-6 fatty acids, which can help improve heart health and reduce cholesterol levels.
5. **Boosts Immunity:** The antioxidants present in cold-pressed oils help strengthen the immune system by fighting off harmful free radicals.
6. **Improves Skin and Hair:** Cold-pressed oils like coconut or almond oil can improve skin and hair health when used topically, as they provide essential nutrients and hydration.
7. **Environmentally Friendly:** The cold-pressing process is more sustainable and eco-friendly since it uses minimal energy and water.

Incorporating cold-pressed oils into your diet and skincare routine can provide numerous health benefits while supporting natural and sustainable practices.

Visit our **Cold Pressed Oil Shop in Pune** or explore our online store at [Liflic.in](https://liflic.in) to discover a healthier, more natural way to enhance your cooking and wellness routine with pure cold-pressed oils.