



# Sussed

## Company address

Sussed Nutrition Ltd, Hawkstown Lower,  
Wicklow, Co. Wicklow, Ireland, Wicklow Town, Wicklow

## Contact details

Keith Symes

[keith@sussed.ie](mailto:keith@sussed.ie)

[+35340479574](tel:+35340479574)

[sussed.ie](http://sussed.ie)

## Channel:

Foodservice

Online

Retail

New healthy heart brand, Sussed, is a small food producer with a giant goal. Created from the goodness of its heart for the goodness of yours, all of Sussed products are sourced naturally and produced sustainably.



Our rapeseed is sourced directly from trusted farmers. Our sustainable approach to farming is better for you and better for our planet. Our Rapeseed Oil and our Algae Oil are both certified to Cold Pressed and Extra Virgin standards. This ensures they retain all their natural goodness, deliciously light flavours and heart boosting benefits.

If you're looking for healthy heart oils to cook with or healthy heart snack bars to stay fit with, you'll have it sussed.

## Why Us

Sussed's mission is to bring customers the healthiest foods for their hearts, producing one of the healthiest cooking oils available right now Healthy Heart Plus Oil.

It has optimum omega 3 for heart health, 11 times more omegas than olive oil, it is vegan-friendly, offers the recommended daily allowance of omega 3 DHA naturally, and the best ratio of polyunsaturated fats.

The Healthy Heart Oil has 55% less saturated fats than extra virgin olive oil and nine times more omega 3 than olive oil as does Sussed's 2 Cal Spray.

## Our product range



sussed



ALGAE OIL  
& COLD PRESSED  
EXTRA VIRGIN  
RAPESEED OIL

## HEALTHY HEART *plus*

- ✓ Optimum Omega 3 for heart health  
11 times more Omega 3 than Olive Oil
- ✓ Less bad fats and more good fats  
For optimum health at all ages

AN EVERYDAY OIL, LIGHT IN FLAVOUR

PERFECT FOR  
DIPPING | FRYING | COOKING  
500ml e

Healthy Heart Plus Omega 3 DHA Oil & Cold Pressed Extra Virgin Rapeseed oil 500ml

Healthy Heart Cold Pressed Extra Virgin Rapeseed Oil 500ml

Healthy Heart Cold Pressed Extra Virgin Olive Oil 260ml

Gold Seal Balsamic Vinegar of Modena 260ml

2 Cal Spray Cold Pressed Extra Virgin Rapeseed Oil 200ml

2 Cal Spray Cold Pressed Extra Virgin Olive Oil 200ml

2 Cal Spray Gold Seal Balsamic Vinegar of Modena 200ml

Algae Oil & Cold Pressed Extra Virgin Rapeseed Oil 5ltr

Cold Pressed Extra Virgin Rapeseed Oil 5ltr

Cold Pressed Extra Virgin Rapeseed Oil 20ltr

Vegan Power Bites – Blueberry Almond

Vegan Power Bites – Peanut Butter

## Our Accreditations

- HACCP
- Origin Green Verified