

生搾り

cold-pressed



roasted

焙煎

Good for your health.
No chemicals,
No additives,
No preservatives.

50g, 110g, 280g

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What is GI?



Online Shop



Customer Reviews



EGOMA OIL IN... MURA

Egoma (perilla) Oil of Tamura



Quality conscious
"Egoma Oil"

+10 YEARS OIL

By eating egoma seeds, you can add ten years to your life.
That's why egoma seeds are called "ju-nen(10 years)" in Japanese.

ω3
OMEGA-3

Egoma oil contains about 60% essential **omega-3 (α-linolenic acid)**—a nutrient the body cannot produce on its own. It helps keep blood vessels flexible and is gaining attention for its potential to support healthy blood pressure. Just one teaspoon a day provides an efficient way to get your daily **omega-3** intake.

The Three Pillars of Trust



Dedication and Passion of the Producers



To promote awareness of Egoma oil of Tamura.

1

2

Cold-pressed and additive-free—bottled with rich flavor and nutrients.

Craftsmanship



3

Trusted Quality



Every drop is ensured by the Council's strict standards.

Story

The Pioneer of Egoma Oil

Pioneers of Egoma Oil

In Tamura, egoma has long been a staple of regional cuisine—featured in local dishes such as “Ju-nen Miso” and woven into the fabric of the area’s culinary culture.

In 1998 Mr. Shuhei Murakami, born in Tamura City, introduced an oil press machinery that perfected the technique for producing high-quality egoma oil. Although egoma oil was once little used for culinary purposes in Japan, it has since gained nationwide recognition as a health food, and Tamura has led the way as a Japan's egoma oil pioneer.

That is why we passionately carry on this legacy—preserving the tradition of producing egoma oil that not only tastes exceptional but also represents uncompromising quality.

