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### Takashi Shiraishi — Mayor of Tamura City

"I take a spoonful of perilla oil (egoma oil) every single day. I even carry a small bottle with me on business trips—it's become an indispensable part of my daily routine. Perilla oil comes in both cold-pressed and roasted varieties, and by experimenting with different preparations I never tire of its delicious flavors."



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### Tatsuya Kagamida — Egoma Ambassador, Tamura City

"I'm the Egoma Ambassador for Tamura City. I've been taking a teaspoon of egoma oil every single day for two years now. Drinking it has become a natural part of my life, and I want to keep sharing its benefits and help it become more widely known."



### Mitsugu Imura — Executive Chef, Omiya, Saitama City, Saitama Prefecture

"Using egoma oil to highlight its unique aroma adds depth to any dish. The key is to pair it with the natural fragrance of the ingredients."

