

FATTY ACID PERCENTAGES IN CARRIER OILS

		Saturated					Monounsaturated	
Oil or Fat		Capric Acid	Lauric Acid	Myristic Acid	Palmitic acid	Stearic Acid	Oleic Acid	
Almond Oil	<i>Prunus dulcis</i>				5.6	2.5	57.5	
Apricot Kernel Oil	<i>Prunus armeniaca</i>				5	1	64.2	
Castor Oil	<i>Ricinus communis</i>				1		3.93	
Coconut Oil	<i>Cocos nucifera</i>	5 to 8	45.1-53.2	16.8-21	7.5-10.2	2 to 4	5 to 10	
Grapeseed Oil	<i>Vitis vinifera</i>				7.2	4.4	16.2	
Joboba Oil	<i>Simmondsia chinensis</i>						11.2	
Olive Oil	<i>Olea europaea</i>				19.8	2.56	55.28	
Plum Kernel Oil	<i>Prunus domestica</i>			0.1	4 to 9	.7-2.6	60-80	
Pomegranate Seed Oil	<i>Punica granatum</i>				3.1	2.7	6.2	
Rosehip Seed Oil	<i>Rosa rubiginosa</i>				3.5		13.9	
Sesame Oil	<i>Sesame indicum</i>				8.57	4.26	39.21	
Shea Butter	<i>Butyrospermum parkii</i>				5	45.24	60.5	

***All numbers represent percentages**

Sources:

Mountain Rose Herbs

From Nature with Love

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Polyunsaturated										
Linoleic Acid	Linolenic	Palmitoleic	Ricinoleic	Caprylic	Arachidic	Behenic	Erucic	Gadoleic	Punicic	Gondoic
22.8	0.1									
28.3	0.2									
4.32	0.3		87.74							
1-2.5				4.6-10						
70.6										
							13.6	71.3		
17.84	0.73									
15-25	1	1			0.3	0.1				0.2
7.1									78	
44.1	33.9									
45.69										
7.9										