

# REFINED WALNUT OIL

## PRODUCT DATA SHEET



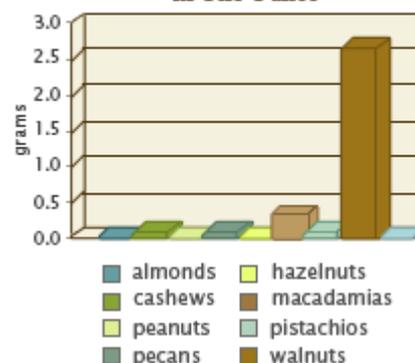
The **WALNUT** tree is original from the Middle East; it is thought to have been imported from Iran to Western Europe. Walnut has been widely applied in diets and cooking due to its ability to replenish vital energy and nourish the blood.

**WALNUT OIL** is a Refined Vegetable Oil from Walnuts which are unusually high in oil; between 40% and 50% of the walnut weight.

**WALNUT OIL** is a limpid, light-coloured oil, delicate in flavour and scent, with a slightly nutty quality. This oil is high in polyunsaturated fats. It contains about 20% Oleic acid and 60% Linoleic acid (Omega 6). Walnuts are the only nuts that contain a significant amount of Omega 3 ( $\alpha$ -Linolenic acid). Omega 3 has an anti-inflammatory effect and it helps to maintain a supple and youthful skin.

**WALNUT OIL** also contains natural Vitamin E. In its role as a captor of free radicals, vitamin E protects cells from attacks by free radicals by neutralizing them. Topical vitamin E has shown to have a wide variety of skin benefits. Many studies have shown that it can help decrease the effects of psoriasis, erythema, and may help in reducing the risk of skin cancer. Vitamin E also helps in the reduction of scarring from wounds and on the appearance of stretch marks on the skin. **WALNUT OIL** is highly hydrating and nourishing due to the Omega 6 content.

**Tree Nuts and Peanuts:  
Omega-3 Fatty Acid Content  
in One Ounce**



## TECHNICAL DATA

<b>Appearance:</b>	Pale yellow, oily liquid, with minimum odour
<b>Acidity index:</b>	$\leq 0.60$ mg KOH/g
<b>Peroxide value:</b>	$\leq 5.0$ meq O <sub>2</sub> /Kg
<b>Specific gravity:</b>	0.921 - 0.925 g/ml

# REFINED WALNUT OIL

Walnuts contain a number of substances that contribute to their overall antioxidant activity, including melatonin, ellagic acid, gamma-tocopherol, carotenoids, and polyphenolic compounds. All these compounds have a very positive effect in preventing premature ageing due to the effect of free radicals. The elevated concentration of antioxidants in **WALNUT OIL** also provides a high stability to rancidity, allowing it to have an excellent shelf life.



## APPLICATION

**WALNUT OIL** is extremely versatile; an ideal ingredient that is easily incorporated in all kinds of cosmetics from rinse-off to leave-on products.

**WALNUT OIL** leaves a luxurious, silky feel on the skin. It may be applied directly to the skin and hair. It may also be easily incorporated as an active ingredient or an ideal carrier in the oily phase in skin and hair care products. Recommended dosage is between 3 and 10 %.

**WALNUT OIL** is an excellent emollient with moisturizing properties; it helps to regenerate damaged dry skin, aids preventing wrinkles. The oil is also good for eczema, controlling dandruff and for the treatment of rough, dry or sunburned skin.

**WALNUT OIL** is excellent for hair-care products; especially recommended when it is necessary to protect the hair from negative outside influences.

**WALNUT OIL** may be used in:

- Suntan oils to protect and repair the skin.
- Anti-wrinkle products for around the eyes.
- Creams for dry, normal and mature skin.
- Body oils & hygiene products.
- Lip balms.
- Skin toning products.

**WALNUT OIL** can be used directly as massage oil. It is a heavier oil and is more suited for massage preparations and thicker cream formulas; it is also suitable for aromatherapy.

**INCI Name:** Walnut (*Juglans regia*) Oil.

**CAS N°:** 8024-09-7