



SUNFLOWER OIL

Botanical Name: Helianthus annuus

Aroma: Faint and sweet.

Texture: Thin and does not leave an oily residue.

Absorption/Feel: Penetrates Well and Does not Leave an Oily Residue.

Color: Virtually clear with a tinge of yellow.

Shelf Life: 12 Months.

Notes: Sunflower Oil is considered to be an affordable all-purpose carrier oil. When choosing sunflower oil, strive to get unrefined oil.

Sunflower seeds contain **VITAMIN A**, **VITAMIN B**, **VITAMIN D** and **VITAMIN E** and are also rich in minerals such as calcium, **ZINC**, potassium, iron and phosphorus. It is yellow in colour and has very little scent characteristic of most carrier oils. Sunflower is versatile and also a relatively inexpensive oil to use for massage and can be blended with other cold pressed oils. It is a beneficial oil in the treatment of bruises, various skin diseases and leg ulcers. It is suitable for use on all skin types and can be used as 100% of the **carrier oil**.

Sunflower Oil contains approximately 12% saturated fat, and 64% linoleic acid (an **omega-6 essential fatty acid**). Standard Sunflower Oil contains approximately 20% **oleic acid** (an omega-9 fatty acid), and High Oleic Sunflower Oil contains approximately 80% Oleic Acid. A High **Oleic Acid** version of Sunflower Oil is produced from sunflower crops raised to produce higher ratios of oleic acid.

Sunflower oil is a versatile oil valued for health benefits by supplying more **Vitamin E** than any other vegetable oil. A good oil for massage as it is easily absorbed into the skin, all the while softening and moisturizing. Sunflower oil is a fairly stable oil and can be used as a base for many products.