

## DATA SHEET

### AVOCADO REFINED CARRIER OIL

**INCI name:** *Persea Americana*

**Typical Country of Origin:** South Africa

#### Product Specifications

Refined avocado oil barely has a smell, whilst unrefined avocado oil has a slight nutty aroma. Avocado oil is produced from the fruit of the avocado tree (*Persea americana*), a tree native to the

Western Hemisphere spanning from Mexico south to the Andean regions.

Oil from avocados is pressed from the fleshy pulp surrounding the avocado pit, making it one of the few edible oils not derived from seeds.



#### Technique of Extraction

The process of extracting avocado oil from ripe avocados is a mechanical extraction, similar to olive oil extraction, with the additional step of removing the skin and stone (seed). After this, the flesh is ground into a paste and then churned for 40-60 minutes at 45-50°C.

#### Usage and Functions

- Used in the prevention of diabetes, high cholesterol, high triglyceride levels, and skin issues, such as psoriasis.
- The oil is full of healthy fats, including oleic acid and essential fatty acids. Avocado oil nutrition includes a high level of monounsaturated fats, which make it a heart-nourishing replacement for these hazardous yet commonly consumed oils.
- Said to be used in the treatment of cancer, microbial, inflammatory, diabetes and cardiovascular diseases.

### **Additional Information**

Escentia Avocado Refined Carrier Oil is used to soothe the discomfort of blisters, rashes, insect stings and wounds, if applied directly onto the affected skin areas. If applied during a massage before bed, Avocado Oil is believed to boost libido and ease the restlessness of insomnia.

Avocado oil is a heart-healthy oil, high in oleic acid, which is an unsaturated fat. It contains vitamin E and also helps the body absorb other fat-soluble vitamins. Avocado oil is low in LDL ("bad") cholesterol, and high in HDL ("good") cholesterol.

### **Avocado Oil in Cooking**

The great thing about oil from avocados is that it's not only a superfood oil that can be used in uncooked items like salads and dips, but it's also highly recommended for cooking.

Even a healthy oil like benefit-rich olive oil becomes unhealthy when it meets its smoke point and begins to release free radicals. When an oil reaches its smoke point, the structure of the oil begins to break down, nutrients are lost, flavor is changed and, most dangerously, free radical compounds can be created that are damaging to your health.

If you like cooking with Avocado oil, then you'll be happy to know that it has a high 'smoke' point. Avocado oil's high smoke point, which is estimated to be 250 degrees Celsius, makes it a top choice as a cooking oil. This can help you avoid the free radical release that comes with using an oil for cooking that has too low of a smoke point.

### **Avocado Oil can be used to:**

- Calm itchy skin
- Heal chapped skin
- Replenish dry skin
- Hydrate and moisturize skin
- Shield skin from ultraviolet radiation
- Protect against skin damage

**In addition to this, Avocado Oil can be added to one's diet in order to:**

- **Normalise Blood Pressure:** The monounsaturated fats found in this oil can have a beneficial effect on blood pressure and hence your heart when eaten in moderation and when used to replace saturated fat and trans fat in your diet.
- **Promote Heart Health and help Lower Cholesterol:** The oil that comes from avocados is a cholesterol-lowering food because it's high in monounsaturated oleic acid content, making it a beneficial choice when it comes to the heart. Research suggests that oleic acid, like other omega-9s, can help reduce the risk of heart disease by decreasing inflammation and raising levels of high-density lipoprotein (HDL), the body's "good cholesterol." The oleic acid in oil from avocados is also beneficial because it can lower your low-density lipoprotein (LDL), the body's "bad" cholesterol.
- **Help Improve Arthritis Symptoms:** Avocado may be used to reduce the inflammation associated with osteoarthritis or rheumatoid arthritis.
- **Assist with Psoriasis Symptoms and Other Skin Problems:** Avocado oil's ability to play a vital role in a psoriasis diet is a substantial finding for sufferers of chronic plaque psoriasis. The oil consists of a rich supply of healthy fats, which makes it a natural moisturizer — plus it contains vitamins, such as vitamin E, that help soothe skin.
- **Support Nutrient Absorption:** According to a study published in the Journal of Nutrition, the addition of avocado oil nutrition to a meal can boost the absorption of carotenoids in food. Carotenoids are health-promoting antioxidants that are fat-soluble and depend on dietary fats for absorption. The study found that the addition of avocado oil to a salad significantly enhanced alpha-carotene, beta-carotene and lutein absorption.

**Caution:** Avoid contact with eyes, inner ears, and sensitive areas.

*This information is believed to be current and accurate, but is provided without any warranty expressed or implied. Customers are advised to determine in advance the safe conditions for use of this product.*

*Please note, Escentia Products does not recommend that Essential Oils be taken internally unless under the supervision of a Medical Doctor who is qualified in clinical Aromatherapy.*