



# safflower oil high linoleic

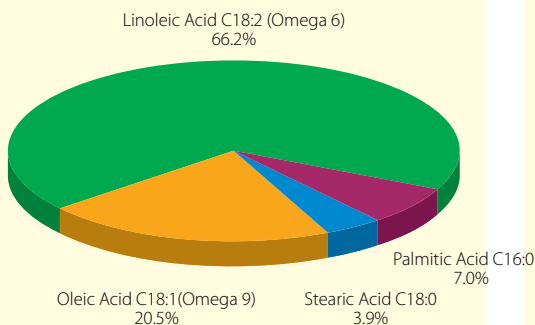


Safflower Oil High Linoleic is Cold Pressed from the seeds of the Safflower plant (*Carthamus tinctorius*). It contains high levels of the Essential Fatty Acid Linoleic Acid (Omega 6, LA), as well as the monounsaturated Oleic Acid (Omega 9). These two fatty acids are the main contributors to this products high unsaturated fat component, with a subsequent low level of saturated fat.

In nutritional markets Safflower Oil High Linoleic is recognised as the primary source of Conjugated linoleic acid (CLA). CLA is an isomer of LA - which refers to a slight rearrangement of the molecular structure (conjugation) - resulting in a fatty acid with altered chemical functions. The form of CLA found most commonly in dietary supplements is manufactured from vegetable oils such as Sunflower Oil or Safflower Oil, with the majority of Research literature focusing on CLA derived from Safflower Oil.

In its raw form Safflower Oil High Linoleic is commonly used as a salad dressing or as a garnish drizzled over vegetables. Unlike Safflower Oil High Oleic it is very sensitive to heat so should not be used for high temperature cooking.

## TYPICAL SAFFLOWER OIL HIGH LINOLEIC FATTY ACID PROFILE



The 'Typical Fatty Acid Profile' shown above represents the major fatty acids only and excludes other minor components. Please note the data for this product will vary across different batches and seasonal harvests. For a full Technical Specification please contact us or alternatively visit [www.seedoils.co.nz](http://www.seedoils.co.nz).



## TECHNICAL DATA

**Product Name:** Safflower Oil High Linoleic

**Botanical Name:** *Carthamus tinctorius*

**Active Ingredients:** Linoleic Acid (Omega 6)  
Oleic Acid (Omega 9)

**Extraction Method:** Cold Pressed

**Appearance:** A pale yellow clear oil

**Shelf life:** If stored in unopened containers at less than 20 Deg Celcius, this product can expect to have a shelf life of 12 months.

**Common Dosage:** Liquid and/or Soft Gel Capsules

### Product Variations:

- Safflower Oil High Linoleic Cold Pressed Refined
- Safflower Oil High Linoleic Cold Pressed Unrefined
- Safflower Oil High Linoleic Cold Pressed Unrefined ORGANIC

## STAR RATING

Nutritional ★★★★★  
Culinary ★★★★★

