

Article number: 5031

Physical properties: Yellow-green to dark green drying oil.

Freezing point: Approx. -18°C .

Relative density: At 20°C approx. 0.925 g/cm^3 .

Main ingredients: Unsaturated fatty acids, especially linoleic acid (C18:2) approx. 50%, alpha-linolenic acid (C18:3) approx. 18%, oleic acid (C18:1) approx. 13%, gamma-linolenic acid (C18:3) approx. 2%, chlorophyll, vitamins, carotenoids.

Dietary use: This oil has a neutral taste and it is suitable for inner use, it means consumption in cold meals, in salads or as a seasoning for ready meals, and as a part of warm meals, too. It contains most of the substances that our body can't produce itself and that must be absorbed from food. Thanks to its high content of unsaturated essential fatty acids, it becomes a priceless dietary supplement. It can significantly strengthen the immune system, reduce the cholesterol and homocysteine level in blood, and support the correct function of intestines. It is recommended for its beneficial effects on skin—especially the skin affected by herpes, fungi, yeast, and dermatitis, in case of hangnails, cracked skin or burns. Using 1–2 teaspoons a day is very good for the body.

Non-dietary use: Hemp oil is very well absorbed by the skin and well tolerated by all skin types. It is a suitable component of nourishing and regenerative preparations. The high proportion of unsaturated fatty acids makes it favourable for the treatment of such skin conditions as psoriasis, neurodermatitis, and atopic dermatitis.

Thanks to its anti-inflammatory effects, it is recommended for soothing irritated and inflamed skin. It is suitable in massage and regenerative preparations. Long-term use may lead to dry skin because it reduces the production of sebum. Therefore it finds application in cosmetic preparations for oily skin, and also in oil blends. It can be used in hair care, especially for thin, brittle, or sun damaged hair.

Note: The oil dries out.

Warning: Hemp oil is chemically very unstable and goes rancid quickly. It must be kept in a cool place, ideally in a refrigerator.

INCI: Cannabis sativa Seed Oil

Storage: The stated expiry date can be substantially extended by keeping the product in a dark and cold place (ideally in a fridge at $6-10^{\circ}\text{C}$).

Best before the date indicated on the packaging. Batch number and volume are indicated on the packaging.

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