Sunflower oil

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Sunflower Oil is the non-volatile oil expressed from sunflower (*Helianthus annuus*) seeds. Sunflower oil is commonly used in food as a frying oil, and in cosmetic formulations as an emollient.

Contents

Chemical structure

Sunflower oil contains predominantly linoleic acid in triglyceride form. The British Pharmacopoeia lists the following profile:

- Palmitic acid : 4.0 per cent to 9.0 per cent,
- Stearic acid : 1.0 per cent to 7.0 per cent,
- Oleic acid : 14.0 per cent to 40.0 per cent,
- Linoleic acid : 48.0 per cent to 74.0 per cent.

Sunflower oil also contains lecithin, tocopherols, carotenoids and waxes. Sunflower oil's properties are typical of a vegetable triglyceride oil.

There are several types of sunflower oils produced, some examples are: high linoleic, high oleic and mid oleic. High linoleic sunflower oil typically has at least 69% linoleic acid. High oleic sunflower oil has at least 82% oleic acid. Variation in fatty acid profile are strongly influenced by both genetics and climate.

Physical properties

Sunflower oil is liquid at room temperature. The refined oil is clear and slightly amber-colored with a slightly fatty odor.

Uses

As a frying oil, Sunflower oil behaves as a typical vegetable triglyceride. In cosmetics, it has smoothing properties and is considered noncomedogenic. Only the high-oleic variety possesses shelf life sufficient for commercial cosmetic formulation. Sunflower oil's INCI name is *Helianthus Annuus (Sunflower) Seed Oil*.