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## Argan Oil Nutritional Information:

### **Physicochemical characteristics:**

Energy value:	3700 kJ (900 kcal) /100g
Cholesterol:	0.2 %
Vitamin E (balanced Sum tocopherols):	~ 60 mg/100g
Density (at 20°C):	0.917

<b>Oleic acidity (FFA): according to method NF IN ISO 660</b>	<b>1,5%</b>
<b>Peroxide index: according to method NF T60-220</b>	<b>4 meq d'O2 actif/kg</b>

### **Organoleptic characteristics:**

Color :	golden/amber
Odor:	fresh nut aroma

### **Composition in fatty acids: according to method NF IN ISO 5508 and 5509.**

C16 : 0	12 - 16 %	C18 : 2	30 - 35
C18 : 0	5 - 6 %	C18 : 3	0.2 %
C18 : 1	40 - 48 %	C20 : 0	0.4 %

### **Indices:** according to method NF IN ISO 3656

Index K270 :	< 0,20
Index K232 :	< 2,5
Delta K :	< 0,01

**Stigmastadienes:** according to regulation of EEC 656/95      max : 0.15 ppm

**Content of residues of organochlorinated and organophosphores pesticides:** method by CPG/MS  
Global sum      max. 0,02 ppm (value regulated by ECOCERT)

### **Argan Oil: Composition Overview**

Fatty acids	%	Sterols	%
Unsaturated fatty acids:			
Palmitic acid	14	Schottenol	48
Stearic acid	5	Spinasterol	42
		Delta 7 Avenosterol	5
Polyunsaturated fatty acids:		Sigmastra-8,22-dien	5
Linoleic acid	37		mg/kg
Alpha-linolenic acid	< 0.6		
		Tocopherols	720
Monounsaturated fatty acids:		Polyphenols	60
Oleic acid	43.5	Sterols	3200
		Triterpene alcohols	1800