

Tel: +27(0)83 303 8253  
Tel: +27(0)827893035  
info@highlandessentialoils.co.za



ADDRESS: Vlakbult  
PO Box 35; Clocolan  
9735; South Africa

www.highlandessentialoils.co.za

## MORINGA OLEIFERA Seed oil

LATIN NAME:	Moringa Oleifera
INCI NAME:	Moringa Oleifera seed oil
CAS nr.	93165-54-9
OTHER NAMES:	Moringa, ben-oil tree, cabbage tree, clarifier tree, drumstick tree,
SOURCE:	Cold pressed
COLOUR	Light yellow with green hues
AROMA	Nutty
CULTIVATION:	Wild harvest
ORIGEN:	Zambia



## OVERVIEW



Moringa oil comes from the seeds of the Moringa oleifera tree, a fast growing leafy tree species native to the Himalayas  
Cold pressed Moringa seed oil is derived from the healthiest land plant on Earth brimming with antioxidants, giving it amazing stability and resisting oxidation for years  
Moringa is the sole genus in the flowering plant family Moringaceae and comprises 13 species. The most widely cultivated is the Moringa oleifera that can be found in tropical and subtropical regions It is a very hardy plant that can withstand harsh dry weather.  
Moringa Oleifera is not indigenous in Zambia but has been naturalized there and is now found in the wild.  
The seeds, harvested from their pods, yield approximately 35–40% of oil.

## TRADITIONAL USES

Moringa oil is a non-drying nutty flavored oil with a clear or slightly pale yellow consistency. The healing properties have been documented for centuries, dating back to ancient cultures. It has been used in skin preparations and ointments since Egyptian times.  
This may explain why the Egyptians placed vases of Moringa oil in their tombs, for use in the afterlife.  
Moringa oil has been mentioned as a very useful oil in the medicinal books of Greece and Rome.

## CULTIVATION & HARVESTING

Moringa seeds are wild harvested in Zambia along a 400km stretch of the Zambezi river.

It is also commercially cultivated and organic certified at our farm next to the Zambezi river. The first 2000 trees were planted in Nov 2015



Preparing planting mixture for seed April 2015



First seeds planted April 2015



July 2015



October 2015



Transplanted Nov in the field  
Feb 2016



Transplanted Nov in the field  
Feb 2016

## CHEMICAL COMPOSITION

Moringa oil is made up mainly of Mono-unsaturated fatty acids and Saturated Fats. It is exceptionally high in oleic acid ( omega-9 ). About 70 % of the oil is oleic acid. This may lead to blood pressure lowering effect, which is similar to what is seen when using olive oil. Oleic acid may also be helpful in preventing multiple sclerosis. Moringa oil is much more known for its high behenic acid content, which may be as high as 9 % in some oil varieties. However, behenic acid may cause an increase in cholesterol as it is a saturated fat

### COMPARISON BETWEEN VEGETABLE OILS

Fatty acids		Manketti	Moringa	Almond	Apricot	Avocado	Ev.Prim	Grape	Jojoba	Rosehip	Palm	Wheatgerm	Marula	Boabab
		%	%	%	%	%	%	%	%	%	%	%	%	%
Myristic	C14:0		<b>0.1</b>							0.0 -0.3	0.5-6			
Palmitic	C16:0	9.2	<b>3.5-6.9</b>	3-9	3-6	12-20	5.5 - 7	6.0 -9.0	< 3	3.4 - 4.4	35-48	11 -16	9-12	18-30
Palmitoleic	C16:1		<b>1.1</b>	< 2	< 1.4	2-10		< 1	< 1	0.1-0.18		< 1	0.05-0.15	
Margaric	C17:0	0.04												
Stearic	C18:0	8	<b>4.3-8.3</b>	0.5-3	< 2	0.1-2	1.5-2.5	3-6	< 1	1.5-2.5	3-7	2-6	5-8	2-8
Oleic	C18:1	18	<b>67-76</b>	60-75	55-70	55-75	5-11	12-25	5-15	14-16	35-50	12-39	70-78	30-40
Linoleic	C18:2	38	<b>0.4-3.5</b>	20-30	20-35	9-17	70-77	60-75	< 5	43-46	6-13	30-57	4-7	24-34
Linolenic	C18:3	1	<b>0.1</b>	0.4	< 1	0.1-2	9-10.9	< 1.5	< 1	31-34		2-10	0.1-0.6	1-3
Arachidic	C20:0	24.9	<b>3.72</b>	0.2	< 1		< 1	< 0.5	< 0.5	0.1 - 0.9		< 1	0.3-0.7	
Eicosenoic	C20:1		<b>2.3-2.6</b>	0.2			< 1	< 0.5	65-80	< 0.5		< 0.5	0.1-0.5	
Behenic	C22:0		<b>6.7-9</b>	0.2				< 0.3	< 0.5	< 0.4		< 1		
Erucic	C22:1			0.1					10-20				0.1-0.5	

## PROPERTIES



Moringa oil exerts many therapeutic properties because of its unique nutrition.

- **Antioxidant** - Ben oil has strong antioxidant capacity
- **Anti-inflammatory** - The oil reduces inflammation both topically and internally.
- **Anti-aging** - The oil provides nutrition to our skin and relieves aging signs.
- **Anti-microbial** - It is traditionally used to purify water and is shown to reduce bacterial counts.
- **Disinfectant** - can be used to treat wounds.
- **Carrier** - It is excellent carrier oil for aromatic compounds.
- **Hepatoprotective** - Moringa oil protects the liver from damage.
- **Emollient** - Moringa oil is a great moisturizer for the skin.
- **Preservative** - This oil resists rancidity and also used as preservative in certain products.
- **Exfoliant** - drives away dead skin cells.
- **Enfleurage** - Moringa oil absorbs the aroma of essential oils and other fragrant compounds like herbs, nuts, seeds, spices and chemicals. This makes it the perfect perfume base.

## USES

Moringa seed oil, is one of the most nutrient-rich oils in the world, with powerful anti-ageing properties that make it a prized cosmetic ingredient.

### *Moringa for skin:*

Moringa oil is soft and fatty and penetrates the skin deeply to provide nutrients to the skin where the antioxidants and oleic acid work to reduce the appearance of wrinkles and provide moisture from deep down. It is used in many elite wrinkle-reduction, age-defying and moisturiser products. This keeps your complexion looking younger and healthier. A must-have for mature skin. Moringa also helps to control blemishes and breakouts. Ben oil is one of the best moisturizers for the skin. It should be applied to the skin as a massage oil. It imparts glow to the skin and makes it well moisturized, but not too oiled. This brilliant moisturization effects is because of very high amount of omega- 9 fatty acid ( oleic acid ) in moringa oil. It also makes the skin quite smooth, because of the behenic acid in it. Behenic acid is used in many products for its ability to smooth the skin and condition hair. This oil slips easily on the skin and spreads well. Moringa oil pacifies dry skin. It is helpful in dry, irritated skin conditions like eczema and psoriasis

- Acne - Because of its anti-inflammatory properties, moringa seed oil can be used as a spot treatment for acne. It also aids the body in healing acne scars.
- It adds gloss to the skin, which may be needed sometimes, especially when the weather is dry.
- It can be applied over scars left behind by wounds, scrapes, bruises and burns. Moringa oil mixed with tamanu oil is a powerful scar diminishing formula.
- Fungal infections - Moringa oil can deal with certain fungal infections because it contains anti-fungal activity. One can use it on ringworm, athlete's foot and jock itch.
- Anti-Aging - Regular application of moringa oil reduces the striking appearance of wrinkles and fine lines on the skin. It can be combined with an astringent product like aloe vera or witch hazel to make saggy skin taut.

### *Moringa for hair:*

It is just as good for the hair as it is for the skin. Moringa oil is a powerful hair conditioner. It should be used as a hot oil conditioner to deal with nearly any hair related problem. The hot oil treatment leaves the hair well moisturized, the hair roots are nourished, dandruff is washed out and there is much less irritation on the scalp. The best result is the conditioning. Hair is manageable and can be combed nicely. It adds shine or gloss to the hair, making them look beautiful. This effect is because of behenic acid. Moringa oil also strengthens hair roots and as such can help with hair loss. It nourishes weak, damaged hair and reduces the lifelessness in them.

Moringa oil adds shine to your tresses, alleviates dryness and itching, and acts as a natural cleanser for your scalp. Add a few drops to your shampoo or conditioner for beautiful healthy hair.

### *Moringa for Perfumes*

Another interesting application of Moringa oil is in the production of expensive and natural perfumes and fragrances. Many commercially produced perfumes are created with scents that are synthesized using chemicals. However, a portion of the perfume market still employs more traditional and natural production practices to create their perfumes, using a technique known as "enfleurage". This procedure uses oils to capture the scents of natural plant materials, locking the scent molecules into the oil. Moringa oil's high oleic level, combined with its enduring shelf life, make it a popular choice for traditional perfume production.

### *Moringa for cooking*

Although the oil is viable for use as a cooking oil, its high demand and low levels of production do not make it conducive for everyday use as a dietary product. However, small amounts of oil are often used in recipes calling for a rich, nutty flavour, such as stir-fried dishes and marinades. Moringa oil is also occasionally used as a dressing for vegetables, salads, and other green dishes.

## PRE-CAUTION

The FDA has not evaluated the statements on this website. No claims are made by HEO as to the medicinal value of any products from HEO. The information presented here is for educating our customers about the traditional uses of oils and is not intended to diagnose, treat, cure, or prevent any disease. You are responsible for understanding the safe application of these products.

Moringa oil is generally safe to use. It can also be consumed internally. There is no information on the interaction of moringa oil with medication, so consult a doctor regarding this topic.

