

## Oils & fatty acid cuts - fatty acid compositions (%)

		Castor (ricinoleic)	Coconut	coconut hydrogenated	Corn	Grapeseed	Lard Oil	Linseed	Olive	Palm	Palm Hydrogenated	Palmkernel	Peanut	Rapeseed	Safflower	Sesame	Soybean	Soybean hydrogenated	sunflower	Sunflower high oleic	Sweet almond	Tallow	Tung Oil	Caproic acid	Caprylic acid	Capric acid	Caprylic capric acid	Lauric acid	Myristic acid	Palmitic acid	Olein N	Olein N2	Stearic acid 1840	Stearic acid 1855	Stearic acid 1865	Stearic acid 1898	Tall oil fatty acids N	Behenic acid	Erucic acid								
Caproic	C6																							99																							
Caprylic	C8		6	6							4														99	60																					
Capric	C10		7	7							3															99	40																				
Lauric	C12		47	47							50																99																				
Myristic	C14		18	18			2			1	1	16										3						99	2																		
Palmitic	C16:0	1	9	9	12	8	21	6	14	44	44	8	9	5	6	9	12	12	6	4	6	24	1						99	5	6	60	45	35	1												
Palmitoleic	C16:1						3	2					1									6							5																		
Stearic	C18:0	1	3	13	2	4	7	4	2	5	55	2	3	2	3	6	4	88	5	4	2	17	1						2	2	40	55	65	99	2												
Oleic	C18:1	5	8		33	16	49	22	64	39	15	63	59	12	43	23			27	80	70	44	6					67	79													28					
Linoleic	C18:2	5	2		51	72	14	16	16	11		2	19	22	78	40	52		61	10	22	6	8					13	12														55				
Linolenic	C18:3				1		1	52	2					9		9			1									1															9				
Eleostearic	C18:3 conj																						82																								
Ricinoleic	C18:1-OH	88																																													
	≥C20			1		2						6																	2	1													4				
Behenic	C22:0																																													85	
Erucic	C22:1																																														94

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