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Red Raspberry Seed Oil

Rubus ideaus

NatureFRESH-Cold Press

Red raspberry seed oil is a rich source of polyunsaturated fats including Omega 3 fatty acid and antioxidants including tocopherols and tocotrienols. Tocopherols are primarily gamma tocopherol and alpha tocopherol which contribute to the oil's superior free radical ion scavenging capability and lipid protection. It is very low in saturated fat. Having a bright gold to reddish color, red raspberry seed oil is valuable for medicinal and skin applications.

Antioxidants as measured by ORAC

53.67 umoleTE/g

Fatty Acid Composition

Palmitic Acid	2.4%
Stearic Acid	1.0%
Oleic Acid	11.0%
Linoleic Acid	54.2%
Linolenic Acid	29.7%
Saturated Fat	2%-4%
Monounsaturated Fat	11%-13%
Polyunsaturated Fat	81%-85%
Omega-3 Fatty Acid (Polyunsaturated Fat) Linolenic Acid C18.3	29%-33%
Omega-6 Fatty Acid (Polyunsaturated Fat) Linoleic Acid C18.2	52%-56%
Vitamin E	
Alpha tocopherol	12.6mg/100g
Gamma tocopherol	19.4mg/100g
Total tocopherol	33.0mg/100g