

Plant oils-Iodine Value, Sap.No.

English Name	Botanical Name	Iodine value	Sap. Number mg KOH/gr
Apricot	<i>Prunus armeniaca</i>	104-112	195
Argan	<i>Argania spinosa</i>	90-105	191
Avocado	<i>Persea gratissima</i>	65-95	186
Babassu	<i>Orbignya oleifera</i>	10-18	245
Black cumin	<i>Nigella sativa</i>	115-130	195
Black currant	<i>Ribes nigrum</i>	168-188	190
Borage	<i>Borago officinalis</i>	140-155	190
Camelina	<i>Camelina sativa</i>	80-87	195
Camellina seed, Tee seed	<i>Camellia sinensis</i>	75-90	195
Castor	<i>Ricinus communis</i>	80-88	180
Cocoa butter	<i>Theobroma cacao</i>	35-42	194
CoconutVirgin	<i>Cocos nucifera</i>	7-11	257
Corn	<i>Oleum Maydis embryonis</i>	103-131	192
Cotton seed	<i>Gossypium barbadense</i>	100-120	194
Cranberry	<i>Vaccinium macrocarpon</i>	165-178	190
Evening primrose	<i>Oenothera biennis</i>	140-170	190
Flax seed	<i>Linum usitatissimum</i>	170-190	190
Grape seed	<i>Vitis vinifera</i>	123-143	181
Hazel nut	<i>Corylus avellana</i>	90-100	195
Hemp seed	<i>Cannabis sativa</i>	148-168	193
Jojoba	<i>Simmondsia chinensis</i>	78-90	92
Kukui nut	<i>Aleurites moluccana</i>	160-170	189
Macadamia nut	<i>Macadamia ternifolia</i>	70-80	195
Mango butter	<i>Mangifera indica</i>	40-60	191
Meadowfoam seed	<i>Limnanthes alba</i>	90-105	169
Neem	<i>Melia azadirachta</i>	68-76	195
Olive	<i>Olea europaea</i>	78-90	190
Palm	<i>Elaeis guineensis</i>	44-57	199
Palm kernel	<i>Elaeis guineensis</i>	16-22	247
Pea nut	<i>Arachis hypogaea</i>	80-106	192
Peach kern	<i>Prunus persica</i>	100-110	191
Perilla seed	<i>Perilla frutescens</i>	185-208	190
Pomegranate	<i>Punica granatum</i>	230-240	190
Pumpkin seed	<i>Cucurbita pepo L.</i>	110-130	195
Rapeseed		106-111	174
Rice germ	<i>Oryza sativa</i>	98-108	179
Rose hip	<i>Rosa mosqueta</i>	180-190	187
Safflower	<i>Carthamus tinctorius</i>	140-150	192
Seabuckthorn berry	<i>Hippophae Rhamnoides</i>	60-70	183
Seabuckthorn kernel	<i>Hippophae Rhamnoides</i>	155-165	195
Sesame	<i>Sesamum indicum</i>	103-118	188
Shea butter	<i>Butyrospermum parkii</i>	45-78	179
Soya bean	<i>Soja hispida</i>	125-140	191
Soybean, partially hydrated	<i>Soja hispida</i>	78-90	191
Sunflower	<i>Helianthus annuus</i>	120-140	189
Sweet Almond	<i>Prunus amygdalis var. Dulcis</i>	95-109	195
Tamanu, Kamani	<i>Calophyllum inophyllum</i>	99-108	208
Walnut	<i>Julians regia</i>	145-158	189
Watermelon seed	<i>Citrullus vulgaris</i>	120-128	190
Wheat germ	<i>Triticum vulgare</i>	125-135	183