

	Deutsch	botanical name	English	Vitamin E mg (α-Tocopherol)/100 g	Total Tocopherol – Gesamt Tocopherol Gehalt mg/100 gr
References: Carrier Oils for Aromatherapy and Massage Len Price/Shirley Price Riverhead publishing 4th edition	Aprikosenkernöl	<i>Prunus armeniaca</i>	Apricot kernel	4	33
	Arganöl	<i>Argania spinosa</i>	Argan		60
	Avocadoöl	<i>Persea gratissima</i>	Avocado		
	Babassuöl	<i>Orbignya oleifera</i>	Babassu	19	
	Baumwollsaatöl	<i>Gossypium barbadense</i>	Cottonseed		
	Borretschöl	<i>Borago officinalis</i>	Borage seed		90
	Chaulmograöl	<i>Hydnocarpus laurifolia</i>	Chaulmogra		
	Diestelöl	<i>Carthamus tinctorius</i>	Safflower	34	40
	Erdnussöl	<i>Arachis hypogaea</i>	Peanut	15	
	Granatapfel- samenöl	<i>Punica granatum</i>	Pommegranate seed		
National Nutrient Database for Standard Reference Release 24	Hagebuttenöl (Wildrosenöl)	<i>Rosa mosqueta</i>	Rosehip		
	Hanföl	<i>Cannabis sativa</i>	Hemp seed		75
The AOCS Lipid Library p://lipidlibrary.aocs.org/lipid s/tocol/index.htm	Haselnussöl	<i>Corylus avellana</i>	Hazelnut	47	
	Holundersamenöl	<i>Sambucus nigra</i>	Elderberry		50
	Johannisbeer- samenöl	<i>Ribes nigrum</i>	Black currant		100
	Jojobaöl	<i>Simmondsia chinensis</i>	Jojoba		
	Kakaobutter	<i>Theobroma cacao</i>	Cocoa butter	1	
	Kokosöl	<i>Cocos nucifera</i>	Coconut virgin	<0,1	
	Kukuinussöl	<i>Aleurites moluccana</i>	Kukui nut		
	Kürbiskernöl	<i>Cucurbita pepo L.</i>	Pumpkin seed		
	Leinöl	<i>Linum usitatissimum</i>	Flax seed-Linseed	<1	
	Macadamianussöl	<i>Macadamia ternifolia</i>	Macadamia nut		19

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References: Carrier Oils for Aromatherapy and Massage Len Price/Shirley Price Riverhead publishing 4th edition	Maiskeimöl	<i>Oleum Maydis embryonis</i>	Corn	14	130
	Mandelöl	<i>Prunus amygdalis var. Dulcis</i>	Sweet almond	39	
	Mangobutter	<i>Mangifera indica</i>	Mango butter		
	Nachtkerzenöl	<i>Oenothera biennis</i>	Evening Primrose		55
	Neemöl	<i>Melia azadirachta</i>	Neem		
	Olivenöl	<i>Olea europaea</i>	Olive	14	
	Oontangaöl	<i>Citrullus vulgaris</i>	Watermelon seed		
	Palmöl	<i>Elaeis guineensis</i>	Palm	16	11
	Palmkernöl	<i>Elaeis guineensis kernel</i>	Palmkernel	4	
	Pekannussöl	<i>Carya pecan</i>	Pecan		
National Nutrient Database for Standard Reference Release 24	Perillaöl	<i>Perilla frutescens</i>	Perilla		
	Pfirsichkernöl	<i>Prunus persica</i>	Peach		
The AOCS Lipid Library	Preiselbeer- samenöl	<i>Vaccinium macrocarpon</i>	Cranberry seed		210
	Rapskernöl	<i>Brassica napus</i>	Rapeseed	18	70
	Reiskeimöl	<i>Oryza sativa</i>	Rice bran	32	
	Rizinusöl	<i>Ricinus communis</i>	Castor		
	Sanddornfrucht- fleischöl	<i>Hippophae Rhamnoides</i>	Seabuckthorn berry		330
	Sanddornkernöl	<i>Hippophae Rhamnoides</i>	Seabuckthorn kernel		180
	Schwarzkümmelöl	<i>Nigella sativa</i>	Black Cumin		30
	Sesamöl	<i>Sesamum indicum</i>	Sesame	1	40
	Sheabutter	<i>Butyrospermum parkii</i>	Shea butter	0	40
	Sojaöl	<i>Soja hispida</i>	Soya bean	8	120

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References: Carrier Oils for Aromatherapy and Massage Len Price/Shirley Price Riverhead publishing 4th edition	Sonnenblumenöl (Linolsäure <60%)	<i>Helianthus annuus</i>	Sunflower (Linoleic acid <60%)	41	60
	Sonnenblumenöl (Linolsäure >70%)	<i>Helianthus annuus</i>	Sunflower (Linoleic acid >70%)	41	60
	Tamanu-Öl	<i>Calophyllum inophyllum</i>	Tamanu, Kamani		40
	Teesamenöl	<i>Camellia sinensis</i>	Camellia seed	0	
	Traubenkernöl	<i>Vitis vinifera</i>	Grape seed	28,8	
National Nutrient Database for Standard Reference Release 24		<i>Virola Surinamensis</i>			
	Ucuuba Butter	<i>Seed Butter</i>	Ucuuba Butter	0,6	
	Walnussöl	<i>Julians regia</i>	Walnut	0,4	35
	Weizenkeimöl	<i>Triticum vulgare</i>	Wheat germ	149,9	270
The AOCS Lipid Library	Wiesenschaum- krautöl	<i>Limnanthes alba</i>	Meadowfoam seed		