

Perilla oil

High content of Omega-3 fatty acid alpha-linolenic acid



Especially high content of polyunsaturated fatty acids. Compared with other plant oils, perilla seed oil consistently contains the one of the highest amount of omega-3 (ALA) fatty acids in average at 54–64%.

Qualities & Usage

We carry Perilla oil in the following qualities for you

Art.-Nr.	Quality	Cosmetics	Food	Pharmaceutics
318020	Perilla oil cold pressed	Yes	Yes	
318320	Organic perilla oil virgin	Yes	Yes	



Perilla oil

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Perilla plant & perilla seed

Perilla oil is obtained from the seeds of the perilla plant (*Perilla frutescens*, Labiatae; *Perilla ocymoides*, Labiatae), also called sesame leaf or black nettle. The annual plant reaches a height of between 30 - 60 cm in temperate climate. However, heights of up to 2 metres are also possible. The seed has an oil content of about 35 to 45 %.



Perilla oil

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Cultivation & yield

The origin of the plant is in East Asia, today the main cultivation areas are India, China and Japan.

Background / history

In many Asian countries perilla is an important spice herb to which healing powers are attributed.



Perilla oil

cold pressed

**Article number:**

318020

INCI name:

Perilla Ocymoides Seed Oil

CAS number:

90082-61-4

Botanical name:

Perilla frutescens, Labiatae; Perilla ocymoides, Labiatae

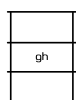
Usage:

Cosmetics, Food

Certificates:

NATRUE

Our packaging



190 kg Drum



27 kg Canister

General durability:

canister 12 months, drum 18 months



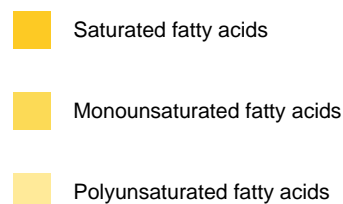
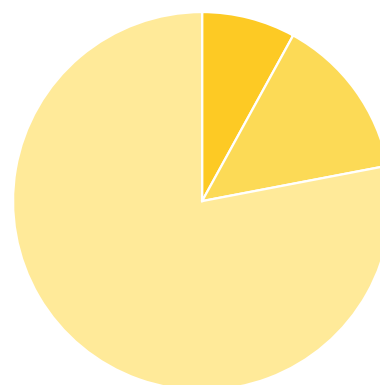
Nutritional values & composition

Nutritional value	(per 100g)
Energy	3,700 kJ / 900 kcal
Fat	100 g
Saturated fatty acids	8 g
Monounsaturated fatty acids	14 g
Polyunsaturated fatty acids	78 g

Composition

C18:1 Oleic acid	10 – 22 %
C18:2 Linoleic acid	11 – 20 %
C18:3 Linolenic acid	44 – 70 %

Fatty acids ratio



Organic perilla oil

virgin

**Article number:**

318320

INCI name:

Perilla Ocymoides Seed Oil

CAS number:

90082-61-4

Botanical name:

Perilla frutescens, Labiatae; Perilla ocymoides, Labiatae

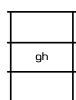
Usage:

Cosmetics, Food

Certificates:

EU organic

Our packaging



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