Cardo Oil

cold pressed virgin oil

INCI Name: Cynara Cardunculus (Artichoke) Seed Oil

Key Benefits:
- Anti-oxidant properties
- Anti-inflammatory properties
- Skin barrier protection
- Lipid barrier protection

Background
The term ‘Cynara’ seems to derive from the Greek word ‘cinere’, which means cinder, because artichoke was fertilized by cinder, or according to mythology, the word cynara comes from the hair color of a young woman which Jupiter fell in love with. The legend says that Jupiter turned her into an artichoke. The plant has been used since the dawn of civilization. In fact, artichoke possesses many healthy properties due to the content of flavonoids, phenolic acids and minerals. Cardo oil is obtained by the cold pressing of the seeds.

Cosmetic Properties
Cardo oil is rich in phytosterols (Stigmasterol, β-Sitosterol, and Δ-5-Avenasterol, which are effective in down-regulating MMP-1 and also improving collagen fibers synthesis. This makes it an ideal ingredient for anti-aging formulations. It can also be used in sunscreen products due to the phytosterols' protective effect against UVA.

The synergistic activity of α-tocopherol and phytosterols makes the oil an excellent antioxidant ingredient. Phytosterols help in repairing the skin because they have a remarkable role in building up the lipid barrier.

Cardo oil is also a good source of polyunsaturated fatty acids. Among them, the most important is linolenic acid which has a key role in the skin barrier function. It is a highly nourishing emollient and it leaves the skin soft and smooth, without a greasy residue.

Typical Properties

<table>
<thead>
<tr>
<th>Property</th>
<th>Specification</th>
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<tbody>
<tr>
<td>Appearance @ 25°C</td>
<td>Gold Yellow Liquid</td>
</tr>
<tr>
<td>Oleic acid, %</td>
<td>20 - 30</td>
</tr>
<tr>
<td>Linoleic acid (C18:2), %</td>
<td>55 - 65</td>
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<tr>
<td>Solubility</td>
<td>Insoluble in water</td>
</tr>
<tr>
<td></td>
<td>Soluble in fats and oils</td>
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<tr>
<td>Heavy Metals</td>
<td>&lt;20 ppm</td>
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<tr>
<td>Recommended Use Level</td>
<td>0.5 - 5.0%</td>
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Product Applications:
- Anti-aging products
- Nourishing/emollient products for mature/dry skin
- Sun care products
- After sun products
- Massage oil
- Hair care products