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Pomegranate Seed Oil, an Extremely Rich and Nutritious Oil

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In this study, the physicochemical properties of pomegranate seed oil (PSO) were studied. Punicic (Pu), linoleic (L), and oleic (O) acids were the dominant fatty acids in the oil. The PuPuPu, PuLPu, LPuL, PuOPu, LLL, OLLn (Ln: linolenic acid), PLPu (P: palmitic acid), PPU, SLPu, and LLO were the abundant triacylglycerols in the PSO. Thermal properties of the PSO by differential scanning calorimetry were also evaluated. Our results suggested that the PSO can use for medical and cosmetic applications.

Keywords: Pomegranate seed oil, physicochemical properties, thermal behavior.