

IODINE VALUE CHART

IODINE VALUE OF SOME COMMON PLANT OILS

GRAPESEED OIL | 124-144

PALM OIL 50-55

OLIVE OIL 80-88

CASTOR OIL 82-90

COCONUT OIL 6-11

PALM KERNEL OIL 16-19

COCOA BUTTER 35-40

CANOLA OIL 110-126

WHEAT GERM OIL | 115-134

SUNFLOWER OIL | 118-141

SUNFLOWER OIL - HIGH 81-91
OLEIC

WALNUT OIL | 120-155

95-108

SESAME SEED OIL | 103-116

RICE BRAN

MUSTARD OIL | 98-110

BABASSU OIL 13-17

PALM KERNEL OLEIN 20-28

CHIA SEED OIL 209-211

SOYBEAN OIL | 124-139

SAFFLOWER OIL 136-148