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## **EMU OIL**

Emu oil is an oil made from the fat of the emu, a bird native to Australia. It has been used for thousands of years by the Australian aborigines for the treatment of burns, wounds, bruises, and as a pain reliever for bone, muscle, and joint disorders. Emu oil is approximately 70% unsaturated fatty acids. The largest component is oleic acid, a mono-unsaturated omega-9 fatty acid. Emu oil also contains about 20% linoleic acid (an omega-6 fatty acid) and 1-2% linolenic acid (an omega-3 fatty acid). There is some evidence to suggest that the oil may have medicinal benefit. It is frequently used topically to soften skin and is found in ointments for dry cracked heels.

Emu oil has been shown in studies to aid in reducing scar formation in healed burn wounds, muscle sprains, and arthritis due to its strong anti-inflammatory properties. Emu oil is naturally an anti-fungal substance, which means it is able to help treat ailments such as athletes foot, foot fungus, toe nail fungus, finger nail fungus and more. Emu oil's moisturizing properties also are able to relieve symptoms of eczema.

Emu oil is almost 100% triglyceride in nature, meaning that it is almost a completely neutral lipid. There is also a lack of phospholipids, which explains emu oil's high penetrating qualities since the human skin is naturally phospholipid deficient.

With its natural anti-inflammatory properties, studies have shown emu oil to aid in the relief of arthritic pain.

It has also just recently been used to treat redness of the face and has claimed to have reduced unwanted pigmentation although this has not yet been professionally tested and recorded.

It has also lately become a popular treatment for the aftercare of tattoos and piercings, due to the purported healing properties, and in stretching as both a lubricant and as aftercare.