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**THE USES OF EGG OIL**  
A SUMMARY OF EGG OIL HEALTH BENEFITS AND  
COSMETIC APPLICATIONS

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## Executive Summary

**Ecovatec's revolutionary technology has unlocked the amazing potential of egg oil.** Egg oil, which is also known as egg yolk lipids have a long history of being used in traditional Chinese medicine for various ailments. Ecovatec's egg oil can be used as a topical ointment to promote healing of the skin, cosmetically for hair and skin conditioning, and as a carrier oil for essential oils.

## Background

Egg oil is a "traditional medicine" that has been used by the ancient Greeks, Chinese, Indians, and Romans. Ecovatec's egg oil is isolated from commercial chicken egg yolk, contains triglycerides with traces of cholesterol, biotin, and zanthophylls (lutein and zeaxanthin). The triglycerides include many types of essential fatty acids, including oleic and linoleic fatty acid<sup>1</sup>. Cholesterol is known for being beneficial for the skin and hair and is easily absorbed in the absence of proteins<sup>2</sup>. The zanthophylls are known to be good antioxidants, supporting general health.

## A Review of the Applications of Egg Oil (EO)

### Health Claims

- Traditional Chinese medicine uses egg oil for burns<sup>3</sup>, eczema, dermatitis, mouth ulcers, skin ulcers<sup>3</sup>, chapped nipples, tinea capitis, ringworm, nasal vestibulitis, frostbite, and hemorrhoids.
- In Spain, egg yolk oil was used to treat scabies and the Romans used egg oil for war wounds.<sup>3</sup>
- Diluted egg oil has been used as a "gargling" treatment to prevent cavities and slow the progression of periodontal disease.<sup>2</sup>

### Cosmetic Applications

- Historical cosmetic uses have included hair and skin care.
- In Indian medicine, it is used to treat hair loss, dandruff, grey hair, and frizzy hair<sup>1,4,7</sup>. The fatty acids present in egg oil are said to stimulate hair growth, combat inflammation, prevent hair loss, regenerate hair follicles, and provide antioxidants<sup>1-2,4-5,7</sup>. The cholesterol in egg oil is thought to reduce frizz, eliminate dandruff, and condition hair (making it shinier, smoother, and stronger).<sup>3,5,7</sup>
- Egg oil is an excellent carrier oil in for many creams, ointments, lotions, etc. It acts as a moisturizer, anti-oxidant, skin penetration enhancer, skin conditioner, and anti-bacterial agent<sup>1-4,7</sup>.
- It is also thought that egg oil has anti-ageing properties due to its antioxidant properties and may dramatically reduce scarring and appearance of ageing scars.<sup>6</sup>
- Egg oil has also been used as a cuticle softener and to reduce the peeling of nails, improving the overall appearance.<sup>2</sup>

### Essential Oil Applications

- Since egg oil is known to be an excellent carrier oil and absorbs easily into the skin<sup>1</sup>, it can also be used with a variety of essential oils to boost its health and cosmetic benefits. For example, tea tree oil has strong anti-bacterial and anti-fungal properties which could build on the antibacterial properties of egg oil if mixed together.

## Sources

<sup>1</sup>"Health Benefits of Egg Oil." *Medindia*, 14 Nov. 2016, [www.medindia.net/patients/lifestyleandwellness/health-benefits-of-egg-oil.htm](http://www.medindia.net/patients/lifestyleandwellness/health-benefits-of-egg-oil.htm).

<sup>2</sup>"Benefits of Egg Oil." *The Indian Spot*, 6 Nov. 2015, [theindianspot.com/benefits-of-egg-oil/](http://theindianspot.com/benefits-of-egg-oil/).

<sup>3</sup>Singh, Stuti. "Egg Yolk Oil – Nature's Magic Ingredient!!" *Beauty Mag Online*, [www.beautymagonline.com/beauty-articles-4/1202-egg-yolk-oil-natures-magic-ingredient](http://www.beautymagonline.com/beauty-articles-4/1202-egg-yolk-oil-natures-magic-ingredient).

<sup>4</sup>"Oil of Egg." *Kymia Arts*, [www.kymiaarts.com/oil-of-egg.html](http://www.kymiaarts.com/oil-of-egg.html).

<sup>5</sup>"Egg Oil: A natural Solution For Hair Treatment." *Gaizupath.Com*, [www.gaizupath.com/egg-oil-for-hair/](http://www.gaizupath.com/egg-oil-for-hair/)

<sup>6</sup>"Egg Oil Now Available From Natural Sourcing", *Natural Sourcing*, [www.naturalsourcing.com/email/eEggOil.html?track=eEggOil](http://www.naturalsourcing.com/email/eEggOil.html?track=eEggOil).

<sup>7</sup>"Egg Oil for Hair Care." *Article - Egg Oil for Hair Care*, [www.positivehealth.com/article/skincare/egg-oil-for-hair-care](http://www.positivehealth.com/article/skincare/egg-oil-for-hair-care).