

Linoleic Acid

Name origin

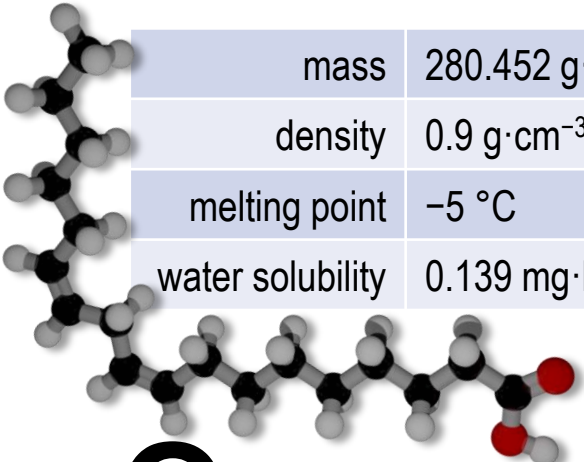
Greek: **linon** = flax, **oleic** = of oil

Chemical name

(9Z,12Z)-octadeca-9,12-dienoic acid

Chemical data

mass	280.452 g·mol ⁻¹
density	0.9 g·cm ⁻³
melting point	-5 °C
water solubility	0.139 mg·L ⁻¹



Facts



Essential polyunsaturated fatty acid:
used by the body to make chemical messengers



Abundant in **egg yolk** (16%) and **natural oils:**
evening primrose (<80%), sunflower (66%), pumpkin (56%)



Released by cockroaches as **chemical warning** on death

Application



Antioxidant



Linoleic acid reacts with oxygen and polymerises so is used in **oil paints & varnishes**



Cosmetics: suggested anti-inflammatory, acne reducing and skin-lightening properties

