

# Carrier Oil

## Allergy Information

### Carrier Oils Made from Nuts

*You may be surprised that there are not more carrier oils made from a nut. However if you are allergic to nuts you may react to oils made from kernels and seed as well.*

Argan Oil  
Tamanu Oil  
Shea  
Walnut



### Carrier Oils Made from the Kernels

*Not all people who react to nut oils react to kernel oils but you should use caution until you know if you do or not.*

Almond Oil  
Apricot Kernel Oil  
Marula Oil Virgin  
Vitamin E Refined  
Vitamin E Virgin

### Carrier Oils Infused in Almond Oil

*If you react to oils from kernels or more specifically almond oil then you will definitely want to avoid these as well.*

Arnica Oil  
Calendula Oil  
Carrier Oil  
EO  
LN Oil  
Mullein Oil  
Rosehip Oil



### Carrier Oils Made from Seeds

*People with extreme allergies may react to oils made from seeds. Often, some will be OK and others will cause a slight irritation.*

Black Cumin Oil  
Carrier Oil  
Castor Oil  
Evening Primrose Oil  
Fenugreek Oil  
Grapeseed Oil Refined  
Grapeseed Oil Virgin  
Hemp Seed Oil  
Jojoba Oil  
Sandalwood  
Sunflower

### Carrier Oils Made from Fruit / Fruit Meat

*Carrier oils made from fruit and meat cause the least allergies although some people react to coconut and palm oil.*

Avocado Oil Refined  
Avocado Oil Virgin  
Coconut Oil MCT  
Olive Oil  
Palm Oil MCT

