

**Folgende Öle, können mit dem O-Safe Verfahren hergestellt werden (mit Ausnahme von Kokosfett)**

| Wirkungen                       | Aprikosenkern | Hagebutte | Hanf | Haselnuss | Kokos | Lein | Mandel | Nachtkerze | Schwarzkümmel | Sesam | Traubenkern | Raps | Walnuss |
|---------------------------------|---------------|-----------|------|-----------|-------|------|--------|------------|---------------|-------|-------------|------|---------|
| Haut, Haare                     |               | x         |      |           | x     | x    |        | x          | x             | x     | x           | x    | x       |
| Gehirn, Nerven                  |               |           |      |           |       | x    |        | x          |               | x     |             |      | x       |
| Leber                           |               |           |      |           |       | x    |        | x          |               |       |             |      | x       |
| Darm, Magen                     |               |           |      |           | x     | x    |        |            |               |       |             |      |         |
| Herz / Kreislauf                |               | x         | x    |           |       | x    |        | x          |               | x     | x           |      | x       |
| Nieren                          |               |           |      |           |       |      |        | x          |               |       |             |      |         |
| Augen                           |               |           |      |           |       | x    |        |            |               |       |             |      |         |
| Atemwege                        |               |           |      |           |       | x    |        | x          | x             | x     |             |      | x       |
| Drüsen, Hormone                 |               |           | x    |           |       | x    |        | x          |               |       |             |      |         |
| Entzündungen, Arthritis, Rheuma |               | x         | x    |           |       | x    |        |            | x             |       |             |      |         |
| Zellatmung                      |               | x         | x    |           |       | x    |        |            |               |       |             |      |         |
| Immunsystem                     |               |           | x    |           | x     |      |        | x          | x             | x     | x           |      |         |
| Stoffwechsel                    |               |           | x    |           | x     | x    |        | x          | x             |       |             |      | x       |
| Oxidativer Stress               |               | x         |      |           |       |      |        |            |               |       | x           |      |         |
| Schmerzlindernd                 |               |           |      |           |       | x    |        |            |               |       |             |      |         |
| Gewichtsabnahme                 |               |           |      |           | x     |      |        |            |               |       |             |      |         |
| Darmflora, Mykosen              |               |           |      |           |       | x    |        |            |               |       |             |      |         |