**Oils: Shelf Life and SAP Value**

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| --- | --- | --- | --- |
| **Oil** | **Shelf Life** | **SAP Value** | **Usage Rate in Cold Process** |
| [**Avocado Oil**](https://www.brambleberry.com/Avocado-Oil-P3198.aspx) | **1 year** | **.133** | **up to 20%** |
| [**Avocado Butter**](http://www.integrativeholisticremedies.com) | **3 years** | **.133** | **up to 12%** |
| **Beeswax (**[**White**](https://www.brambleberry.com/Beeswax-White-P4211.aspx)**&**[**Yellow**](https://www.brambleberry.com/Beeswax-Yellow-P4206.aspx)**)** | **3 years** | **.069** | **up to 8%** |
| **Canola Oil** | **1 year** | **.132** | **up to 40%** |
| **Castor Oil** | **2 years** | **.135** | **up to 25%, recommend 2-5%** |
| **Cocoa Butter** | **2 years** | **.137** | **up to 15%** |
| **Coconut Oil** | **18 months** | **.178** | **up to 33%** |
| **Coffee Butter** | **2 years** | **.133** | **up to 6%** |
| **Fractionated Coconut Oil** | **3 years** | **.232** | **up to 30%** |
| **Jojoba Oil** | **2 years** | **.069** | **up to 10%** |
| **Mango Butter** | **2 years** | **.137** | **up to 15%** |
| **Neem Oil** | **2 years** | **.136** | **up to 6%** |
| [**Olive Oil**](http://www.integrativeholisticremedies.com) | **2 years** | **.134** | **up to 100%** |
| **Rice Bran Oil** | **2 years** | **.129** | **up to 100%, recommend around 20%** |
| **Safflower Oil** | **1 year** | **.19** | **up to 20%** |
| [**Soybean oil**](http://www.integrativeholisticremedies.com) | **3 months** | **.135** | **up to 50%, recommend around 15%** |
| [**Sweet Almond Oil**](https://www.brambleberry.com/Sweet-Almond-Oil-P3205.aspx) | **1 year** | **.136** | **up to 20%** |

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