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CANOLA OIL

Search for medical details concerning CANOLA OIL on iMedix including its uses, side effects and precautions, overview, interactions and reviews.

- **ActiveIngredient:**
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 - **Indications:**
 - **Manufacturer:**
 - **Storage:**
 - **Market Price:**
 - **Drug Status:**
-

Description

Uses & Effectiveness Overview Canola oil is an oil from the canola plant. The canola plant is a type of rapeseed. While rapeseed contains a compound that can be harmful, the canola plant does not contain this chemical in large amounts. Canola oil is commonly used in foods. Canola oil is most commonly used for preventing heart disease and for lowering cholesterol levels. Canola oil is a good source of vitamin E, with just one tablespoon providing approximately 20% of the recommended daily intake. Vitamin E is an antioxidant that helps protect cells from damage and supports a healthy immune system.

Side Effects When taken by mouth: Canola oil is **LIKELY SAFE** when used in food amounts. There isn't enough reliable information to know if canola oil is safe when taken by mouth as a medicine.

Interactions We currently have no information for CANOLA OIL overview.

Special Precautions and Warnings When taken by mouth: Canola oil is **LIKELY SAFE** when used in food amounts. There isn't enough reliable information to know if canola oil is safe when taken by mouth as a medicine.

Pregnancy and breast-feeding: Canola oil is **LIKELY SAFE** when used in food amounts. There isn't enough reliable information to know if canola oil is safe to use as a medicine when pregnant or breast-feeding. Stay on the safe side and stick to food amounts.

Children: Canola oil is **LIKELY SAFE** when used in food amounts. There isn't enough reliable information to know if canola oil is safe to use as a medicine.

Dosing The following doses have been studied in scientific research:

ADULTS BY MOUTH: For heart disease: For reducing the risk of heart disease, using about 20 grams (1.5 tbsp) of canola oil per day in place of other fats and oils with higher amounts of saturated fat might help. For high cholesterol: Replacing other edible fats and oils with canola oil daily for 4 weeks has been used. In some cases, a diet is prepared to provide up to 60 grams of canola oil per 3000 kcal of energy. In other cases, a diet is prepared to provide canola oil as 70% of total fat. Cheese providing 11 grams of canola oil in place of milk fat daily for 4 weeks has also been used.

Side Effects

Uses

Interactions

Other Details
