

LABELLING PALM OIL - HOW DO I KNOW IF A PRODUCT CONTAINS PALM OIL?

The following descriptions identify products that contain palm oil:

- Palm oil
- Palm Kernel Oil
- Palm Kernel Amid MEA
- Palm Olein
- Palmate
- Palm Kernelate
- Palm Stearine
- Sodium Palmate
- Sodium Palm Kernelate
- Hydrated Palm Glycerides
- Hydrated Palm (Kernel) Glycerides
- Hydrogenated Palm Glycerides
- Hydrogenated Palm (Kernel) Glycerides
- Elaeis Guineensis

In household products and cosmetics, there are a number of other names, although it is not always entirely clear whether the product actually contains palm oil.

If you find one of the following prefixes in the contents list of a product, it is highly probable that the product contains palm oil.

- capr-
- cet-
- cetear-
- cetyl-
- coc-
- coco-
- glycer-
- laur-
- linol-
- myrist-
- ole-
- stear-

Adapted and slightly shorted list according to:

- <https://www.plattform-footprint.de/wp-content/uploads/2013/10/Deklarationen-Palmoel.pdf> (in German)
- <http://www.umweltblick.de/index.php/palmoel/deklarationen-von-palmoel> (in German)

See the following webpage for more detailed information in English:

<https://www.ethicalconsumer.org/palm-oil/palm-oil-labelling>