

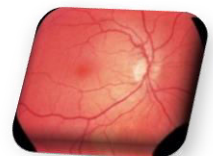


ARGAN OIL: THE MOROCCAN GREEN MEDICINE



Dr. Mourad ERRASFA, Ph.D *

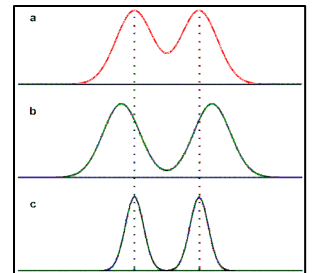
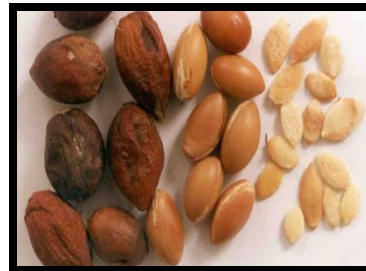
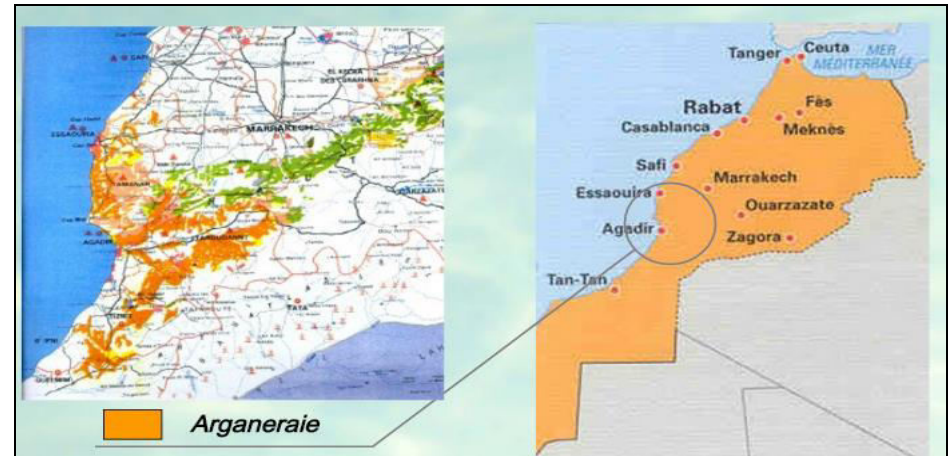
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ARGAN BIOSPHERA RESERVE « ABR »

- First Moroccan Biosphere Reserve declared by UNSECO in 1998
- Argan tree is the flagship element of ABR
- Argan Oil is the main product of ABR, a source of income and employment for local people



Argan Oil: many traditional uses

- Cuisine and moroccan traditional dishes
- Skin softening and hair care
- To treat some skin and joint pain issues

Argane Oil Chemical Composition

- ✓ 99 % of Triglycerides (TG): containing Mainly oleic acid (45%) and linoleic acid (34%)
- ✓ The remaining 1% contains: Vitamine E, Carotenoids, Sterols, Polyphenols

Known biological effects of Argan Oil Consumption

- ✓ Lipid lowering effect in dyslipidemic patients
- ✓ Prevents prothrombotic complications in patients
- ✓ Antidiabetic and antihypertensive effect in animal models
- ✓ Modulate insulin resistance & glucose intolerance in animal models



ARGAN OIL: THE MOROCCAN GREEN MEDICINE




*Efficacy of Argane Oil on pain, metabolic syndrome and oxidative stress:
Experiences from rheumatology and nephrology patients open new perspectives to treat other human pathologies*




Effects of Argan Oil consumption in Hemodialysis and knee osteoarthritis patients

Improvement of blood lipids, atherogenic indices and oxidative stress



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HEMODIALYSIS-ASSOCIATED DYSLIPIDEMIA: EFFECT OF VIRGIN ARGANE OIL CONSUMPTION

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Consumption of Argan Oil Improves Anti-Oxidant and Lipid Status in Hemodialysis Patients

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Efficacy of Argane oil on metabolic syndrome in a Moroccan knee osteoarthritis population
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Current Rheumatology Review (2016 in press)

Ongoing studies and perspectives:
Effects on Argan Oil consumption on memory loss and vision (retina) issues

Conclusions

- ✓ Argan Oil can be used as a therapeutic « green medicine » in various health issues
- ✓ Promotion of clinical studies on Argan Oil should help understanding more of its health benefits.
- ✓ Medical investigations on Argan Oil health benefits should improve all Argan oil-related activities such as women cooperatives associations, organic farmers, and Argan Oil quality assurance.



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