



BioProGreen

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Wheat germ vegetable oil

History of Wheat Germ Vegetable Oil:

Firstly, it is worth mentioning that wheat germ vegetable oil is extracted from the embryo of the wheat seed (*Triticum aestivum*). Which is a rich source of vitamins and antioxidants. For centuries, this vegetable oil has been used for its nourishing and regenerating properties for skin and hair.

It should be noted that throughout the history of cosmetics, wheat germ oil has been widely used to treat various skin problems. Such as eczema, acne and scars. In addition, it was also used to nourish and strengthen hair, particularly to reduce hair loss and promote hair regrowth.

Over time, interestingly, wheat germ oil has become a common ingredient in many cosmetic products. Such as face creams, body lotions, shampoos and hair products. Indeed, it is very appreciated for its nourishing, hydrating and regenerating properties for the skin and hair.

Identity sheet for wheat germ vegetable oil:

Product Name	Wheat germ oil
Botanical Family	Poaceae
Origin	Morocco
Plant	Wheat
Part of the plant	Grain germ
Texture	Fluid
Smell	Gentle

Main components:

- omega 3, 6 and 9
- palmitic acid
- vitamins E, D, K, B1, B2, B6, B9 and C
- provitamin A

Benefits of Wheat germ vegetable oil:

It is important to emphasize that wheat germ oil offers several benefits for skin and hair, and can be used in different ways in cosmetics.

Here are some examples of uses and benefits of this oil:

1. **Skin hydration:** It is worth noting that wheat germ oil is rich in vitamin E and essential fatty acids, which are very beneficial in maintaining skin hydration. Therefore, it can be used as an ingredient in moisturizing skin creams.
2. **Anti-aging:** It is worth noting that wheat germ oil contains antioxidants helping to protect the skin against free radicals and environmental damage. As a result, it can help reduce the signs of skin aging.
3. **Cellular regeneration:** Furthermore, it should be noted that wheat germ oil is very rich in vitamin E, which is known for its beneficial properties for the skin and hair. Indeed, this vitamin can stimulate the growth of skin and hair cells, and promote their regeneration.
4. **Nourishes Hair:** It is important to note that wheat germ oil can also be used to nourish and strengthen hair. It makes hair softer, shinier and healthier, thanks to its nourishing and moisturizing properties for the hair.
5. **Promotes Healing:** Additionally, it is worth pointing out that wheat germ oil can help reduce the appearance of scars and promote their healing by stimulating cell growth. Thanks to this regenerative property, it can help improve the appearance of the skin and reduce the appearance of scars.
6. **Sun Protection:** Interestingly, wheat germ oil can also help protect the skin from the sun's harmful UV rays. Indeed, this oil can strengthen the skin barrier and reduce damage caused by free radicals. Which can help protect the skin against the harmful effects of the sun.

Usage tips:

It should be noted that some people may be allergic to gluten. That is to say a protein present in wheat, and should avoid the use of wheat germ oil in case of allergy. Additionally, this oil can be heavy for certain skin types, so it is recommended to use it in moderation and do a patch test before first use.