

SESAME SEEDS

SPECIFICATION SHEET



BOTANICAL DESCRIPTION

Sesame (*Sesamum indicum*), is an erect annual plant of the Pedaliaceae family that grows up to 1.5 meters. It likely originated in Asia or East Africa, and ancient Egyptians are known to have used the ground seed as grain flour. The plant, also called benne, is grown since antiquity for its seeds, which are used as food and flavouring and from which a prized oil is extracted. Widely cultivated, the sesame plant is found in most of the tropical, subtropical, and southern temperate areas of the world. The aroma and taste of sesame seed are mild and nutlike. The main constituent of the seed is its fixed oil, which usually amounts to about 40 to 60 per cent. Appreciated for its stability, the oil resists oxidative rancidity. The seeds are also high in protein.

REGISTRATION NUMBERS






Botanical Name:	<i>Sesamum Indicum</i>
INCI Name:	<i>Sesamum Indicum Seed</i>
CAS NUMBER:	8008-74-0
EINECS NUMBER :	232-370-6

SPECIFICATIONS/ TECHNICAL CHARACTERISTICS

Odor:	Characteristic
Taste:	Characteristic (mild and nutlike)
Moisture:	Max. 8 %
Foreign matter:	Max. 1 %
Fatty acids rate:	42 - 55 %
Pesticides:	According to EU 396/2005 Regulation

Sesame is an oilseed with two abundant unsaturated fatty acids : oleic and linoleic acids that are up to 80 % of total fatty acids composition. Sesame seed is also a reservoir of nutritional components with numerous beneficial effects. The bioactive components present in the seed include vital minerals, vitamins, phytosterols, tocopherols and unique class of lignans such as sesamin and sesamol.

PROPERTIES AND USES

-  **Abrasive** : Sesame seed is registered by INCI (International Nomenclature for Cosmetic Ingredient) as removing materials from the surface of the body, helping clean teeth and improving shine;
-  **Good source of fiber** : Fiber is well known for supporting digestive health. Additionally, growing evidence suggests that fiber may play a role in reducing the risk of heart disease, certain cancers, obesity, and type 2 diabetes ;
-  **May lower cholesterol and triglycerids** : Sesame seeds consist of to 80 % of unsaturated fatty acids (poly + mono- unsaturated). Research indicates that eating more polyunsaturated and monounsaturated fat relative to saturated fat may help lower your cholesterol and reduce heart disease risk.
-  **Nutritious Source of protein** : Sesame seeds are a good source of protein. Protein helps the bone, muscle, and tissue in the body stay healthy. It plays a key role in growth.
-  **Source of vitamin B** : Sesame seeds are good source of vitamin B that people need to get regularly from the diet.

Undesirable effects : Sesame is considered as the ninth major allergen in the USA and also an allergen in Europ. People developing allergic reaction to this material must avoid consuming it.

RECOMMENDED STORAGE CONDITIONS

The sesame seeds should preferably be stored in dry and well-ventilated area. Under normal storage conditions, the product shelf life is up to 03 years.