

OLEIC

Meaning: Oleic refers to a type of fatty acid, specifically an unsaturated fatty acid commonly found in various natural fats and oils, known for its health benefits and biological significance.

1. Oleic acid is commonly found in olive oil and is known for its health benefits.
2. The chemist explained that oleic compounds play a crucial role in various biological processes.
3. Many nutritionists recommend incorporating oleic-rich foods into a balanced diet for heart health.
4. Research indicates that oleic oil can help reduce inflammation in the body.
5. In the cosmetics industry, oleic acid is valued for its ability to enhance skin hydration.

Source: sentences.whatistheurl.com

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