

# Names for Palm Oil Ingredients

*Print this out and take it with you to reference before buying anything.*

To start, read labels. Don't buy anything with "palm" in the name.

When that becomes a habit, don't buy packaged food with any of these:

- Glycerin
- Glycerine
- Magnesium Stearate
- Mono & Diglycerides
- Polysorbate 80
- Propylene Glycol

Later, use this list to familiarize yourself with alternative names for palm oil.

1,2-OCLanediol	Alcohol 1898 (Stearyl Alcohol NF)	BTMS
1,2-Octyleneglycol	Alcohol Fatty Alcohols	Beta Carotene
2-Ethyl Hexyl Stearate	Alkyl alcohol Aluminum Stearate	Biodiesel
100 Cetyl/stearyl ether 304	Alkyl polyglucoside	Butyl myristate
12-Hydroxystearic acid	Aluminium, calcium, sodium, magnesium salts of fatty acids (470/E470a; E470b)	Butyl stearate
$\alpha$ -hydroxy-N-stearoylphythosphingosine	Aluminum dimyristate	Butyl Stearate IPM (Isopropyl Myristate)
Acetylated glycol stearate	Aluminum Isostearate	C16, C17, C18
Acetylated monoglycerides	Aluminum myristate	CAB
Acetic and fatty acid esters of glycerol (472a/E472a)	Aluminum palmitate	Calcium lactylate
Acrylated Palm Oil	Aluminum stearate	Calcium oleyl lactylate
APO	Ammonium laureth sulphate	Calcium myristate
Acrylates/Palmeth-25	Ammonium lauryl sulphate	Calcium stearate
Alcohol 0810 (Octyl Decyl Alcohol)	Anionic & Non-Anionic Surfactants (too generic an ingredient, need more info on)	Calcium stearoyl lactylate (482/E482)
Alcohol 0898 (Octyl Alcohol)	Arachamide MEA	CAPB
Alcohol 1098 (Decyl Alcohol)	Ascorbyl palmitate	CAPB-KG30
Alcohol 1216 (Lauryl/Myristyl Alcohol)	Ascorbyl palmitate (304)	CAPB-KG45
Alcohol 1299 (Lauryl Alcohol)	Ascorbyl stearate	Capric Acid (C10)
Alcohol 1498 (Myristyl Alcohol NF)	Azelaic acid	Capric triglyceride
Alcohol 1618 (Cetyl Stearyl/Cetearyl Alcohol)	Behenic acid 85% (C22)	Capryl Glucoside
Alcohol 1698 (Cetyl Alcohol NF)	Behentrimonium methosulphate	Caprylamine
		Caprylic acid
		Caprylic acid (C8))
		Caprylic triglyceride
		Caprylic/capric acid (C810)
		Caprylic-capric triglycerides

Caprylic-capric-stearic triglyceride	Coco - polyglucose	Emulsifier 471
Capryloyl glycine	Cocoyl sarcosine	Emulsifier 471a
Caprylyl glycol	Coco - DEA	Emulsifier 471b
Carboxylic acid	Coco - Glucoside	Emulsifier 471c
Carboxymethyl cellulose (CMC) (can come from PKC cellulose)	Coco Alkyl Betaine	Emulsifier 471d
CDE	Coco MEA	Emulsifier 472e
CDE K85	Cocoa butter equivalent (CBE)	Emulsifier 473
CDE K90	Cocoa butter substitute (CBS)	Emulsifier 474
CDE-K85	Cocoamidopropyl Amine Oxide	Emulsifier 475
CDE-K90	Cocodiethanolamide	Emulsifier 476
Cetareth (2-100)	Cocomide - DEA	Emulsifier 477
Cetearyl alcohol	Cocomide - MEA	Emulsifier 478
Cetearyl ethylhexanoate	Cocomidopropyl - Betaine	Emulsifier 481
Cetearyl glucoside	Cocomonoethanolamide	Emulsifier 482
Cetearyl isononanoate	Coconut Fatty Acid	Emulsifier 483
Cetearyl olivate	Decal - Glucoside	Emulsifier 484
Ceteth-20	Decyl Myristate	Emulsifier 485
Ceteth-24	Decyl oleate	Emulsifier 493
Cetyltrimethylammonium bromide (CTAB)	Diacetyltartaric and fatty acid esters of glycerol (472e/E472e)	Emulsifier 494
CTAB	Dicaprylyl Ether	Emulsifier 495
Cetyltrimethylammonium chloride (CTAC)	Dicocoyl ethyl hydroxyethylmonium methosulfate	Epoxidized palm oil (uv cured coatings)
CTAC	Dicocoyl Pentaerythrityl	Emulsifying wax
Cetrimonium bromide	Distearyl Citrate	Ethoxylated glycerol monooleate
Cetrimonium chloride	Dilinoleic acid	Ethoxylated lauryl alcohol
Cetostearyl alcohol	Disodium laureth sulfosuccinate	Ethoxylated monoglycerides
Cetyl acetate	Disodium lauryl sulfosuccinate	Ethoxylated Sorbitan monostearate (SMS)
Cetyl alcohol	Distilled Fatty Acids	Ethoxylated Sorbitan Mono-stearate (STS)
Cetyl ethylhexanoate	Distilled Monoglyceride Palm	Ethoxylated palm oil
Cetyl hydroxyethylcellulose	Distilled Palm Kernel (DPK)	Ethyl lauroyl arginate (243)
Cetyl lactate	Dried Yeast	Ethylene glycol monostearate
Cetyl myristate	EBS – Ethylene Bis Stearamide	Ethylhexyl hydroxystearate
Cetyl octanoate	EBS Beads	Ethylhexyl myristate
Cetyl palmitate	EBS SFor EBS SP	Ethylhexyl palmitate
Cetyl ricinoleate	Elaeis guineensis	Ethylhexyl stearate
Cetyl-PG Hydroxyethyl	Elaeis guineensis oil	Ethylhexylglycerin
Palmitamide	Emulsifier 422	Ethylene glycol diesters
Cetyl/stearyl ether	Emulsifier 430	Ethylene glycol esters
Citric and fatty acid esters of glycerol	Emulsifier 431	Ethylene glycol monoesters
472c/E472c	Emulsifier 432	Ethylene glycol monostearate
Citrus seed extract	Emulsifier 433	Ethyhexylglycerin
CMEA	Emulsifier 434	Ethyhexyl hydroxystearate
CME-K85	Emulsifier 436	Ethyhexyl myristate
CME-K95	Emulsifier 470	Ethyhexyl palmitate
Coco - Caprylate	Emulsifier 470a	Ethyhexyl stearate
	Emulsifier 470b	Fatty Acid Diethanolamides
		Fatty Acid Monoethanolamides

Fatty Acids	Isostearate DEA	Lecithin
Fatty Alcohol Alkoxyate	Isostearic acid	Lecithin isopropyl palm oil
Fatty Alcohol Ethoxyate	Isostearyl alcohol	Linoleic acid
Fatty alcohol sulphates	Isostearyl isostearate	Magnesium myristate
Fatty acid esters of glycerol	Isostearyl myristate	Magnesium stearate
Fatty isethionate	Isostearyl neopentanoate	Medium chain triglycerides
Fractionated Palm Methyl Esters	Isotridecyl myristate	Metallic stearates
Glycerin	Lactic and fatty acid esters of glycerol (472b/E472b)	Methyl laurate (1214)
Glycerin or glycerol (442)	Lactylated Monoglycerides	Methyl myristate
Glycerine	Lauramide DEA	Methyl laurate stearate (1218)
Glyceryl cocoate	Lauramide MEA	Methyl oleate (1898)
Glyceryl esters	Lauramine oxide	Methyl palmitate-stearate (1618)
Glycerol di-myristate	Laureth	(Methyl palmitate-stearate – DPK)
Glyceryl distearate	Laureth-1	Mixed tartaric, acetic and fatty acid esters of glycerol (472f/E472f)
Glyceryl laurate	Laureth-2	Mixed tocopherols
Glyceryl monococoate	Laureth-3	Monoglyceride citrate
Glyceryl monostearate	Laureth-5	Monoglycerides
Glyceryl myristate	Laureth-6	Monoglycerides of fatty acids
Glyceryl oleate	Laureth-7	Mono & diglycerides
Glyceryl polymethacrylate	Laureth-8	Mono & diglycerides of fatty acids (471/E471)
Glyceryl rosinate	Laureth-9	Monopalmitate
Glyceryl stearate	Laureth-10	Myreth 3 myristate
Glyceryl stearate SE	Laureth-11	Myristate
Glyceryl tripalmitate	Laureth-12	Myristic acid
Glycol distearate	Laureth-13	Myristic Acid (C14))
Glycol stearate	Laureth-14	Myristic Cetrimonium Chloride Acid
Grapefruit seed extract	Laureth-15	Myristoyl
Guineesis (palm)	Laureth-16	Myristyl alcohol
Hexadecylic	Laureth-20	Myristyl myristate
Hexyl laurate	Laureth-21	Myristoyl Sarcosine
Hexyldecanol	Laureth-25	Myristoyl Sarcosinate
Humectant 422	Laureth-30	Myristyl alcohol
Hydrogenated palm glycerides	Laureth-38	Myristyl myristate
IPO (Isopropyl Oleate)	Laureth-40	n- Butyl esters
<u>Isopropyl Acetate</u>	Laureth-50	n-Octane-1,2-diol
Isopropyl isostearate	Lauric acid	N-stearoyl phytosphingosine
Isoamyl laurate	Lauric Acid (C12)	N-stearoyl sphinganine
Isobutyl myristate	Lauroyl sarcosine	Octandiol
Isocetyl alcohol	Lauryl Alcohol Ethoxylates (2, 3 & 4 Mole)	Octan-1,2-diol
Isocetyl myristate	Lauryl betaine	Octyl palmitate
Isodecyl oleate	Lauryl dimonium hydrolysed collagen	Octyl stearate
Isopropyl esters	Lauryl glucoside	Octyldodecyl myristate
Isopropyl isostearate	Lauryl lactate	Octyldodecyl stearoyl stearate
Isopropyl myristate	Laurel myristate	
Isopropyl palmitate	Lauryl pyrrolidone	
Isopropyl titanium triisostearate	Lauryl sarcosine	
Isostearamide DEA		

Oleamide MIPA	PEG-15 stearyl ether	Polysorbate 65 or
Oleic acid	PEG-150 distearate	polyoxyethylene (20) sorbitan
Oleic Acid FGK	PEG-2 oleamine	tristearate (436/E436)
Oleyl betaine	PEG-20 stearate	Polysorbate 80 or
Oleyl myristate	PEG-4 laurate	polyoxyethylene (20) sorbitan
Oleoyl sarcosine	PEG-40 stearate	monoolate (433/E433)
Olivem 1000	PEG-8 distearate	Polysorbate-20
Olive - emulse	PEG-8 stearate	Polysorbate-40
Oliv-wax LQC	PEG-80 sorbitan laurate	Polysorbate-60
Organic palm kernel oil	Pentaerythritol tetra	Polysorbate-65
Organic palm oil	caprai/caprylate	Polysorbate-80
Organic red palm oil	Pentaerythrityl	Polysorbate-85
Palmester fatty esters	tetracaprylate/tetracaprate	POME palm oil mill effluent
Palm fruit oil	Pentaerythrityl tetraisostearate	Potassium Cetyl Phosphate
Palmitoleic acid	Peptide complex	Potassium Palmitate
Palm kernel acid	PG dicaprylate/caprate	Potassium myristate
Palm kernel cake	PK oleic acid	Potassium stearate
Palm Kernel Diethanolamide	PK DEA	PPG-15 stearate ether
Palm Kernel Fatty Acid	PK MEA	PPG-4 Laureth-5
Palm Kernel	Planta-Cleanse	Propylene glycol
Monoethanolamide	PME 1214 (Methyl Laurate	Propylene glycol esters of fatty
Palm kernel oil	Myristate)	acids (477/E477)
Palm Methyl Esters	PME 1218 (Methyl Laurate	Propylene glycol laurate
Palm oil	Stearate)	Propylene glycol monoester
Palm olein	PME 1298 (Methyl Laurate)	Propylene glycol myristate
Palm stearine	PME 1618	Propylene glycol stearate
Palm Sterine (PS)	PME 1618 (Methyl Palmitate	Retinyl palmitate
Palmate	Oleate)	Rubber Grade Stearic Acid
Palmitamidopropyl betaine	PME 1698 (Methyl Palmitate)	Saponified elaeis guineensis
Palmitamidopropyltrimonium	PME 1898 (Methyl Oleate – PK)	Sleareth
chloride	POFA (palm oil fuel ash)	SLES
Palmitate	Polyethylene glycol	SLS
Palmitic acid	Polyethylene stearate	Sodium cetearyl sulphate
Palmitic Acid (C16)	Polyglycerate-60	Sodium Coco Sulphate
Palmitoyl acid	Polyglycerol esters of fatty	Sodium cocoyl glycinate
Palmitoyl alcohol	acids (475/E475)	Sodium cocoyl isethionate
Palm oleic acid	Polyglycerol esters of	Sodium Dodecyl Sulphate (SDS
Palmitoyl myristyl serinate	interesterified ricinoleic acid	or NaDS)
Palmitoyl oligopeptide	(476/E476)	Sodium Isostearoyl Lactylate
Palmitoyl oxostearamide	Polyglycerol-2 oleyl ether	Sodium lactylate
Palmitoyl tetrapeptide-3	Polyglyceryl-3 dilisostearate	Sodium laurate
Palm Methyl Ester	Polyglyceryl-4 isostearate	Sodium laurel
PBS Base	Polyglyceryl-4 laurate	Sodium laureth sulfate
Palmfonate	Polyglyceryl-4 oleyl ether	Sodium laureth sulphate
Palmosalt	Polyoxyethylene	Sodium laureth-13 carboxylate
PEG-2 cetyl/stearyl ether	Polyoxyethylene Glycol (PEG-7)	Sodium lauroamphoacetate
PEG - 7	Polysorbate 60 or	Sodium lauroyl glutamate
PEG-100 stearate	polyoxyethylene (20) sorbitan	Sodium lauroyl lactylate
PEG-12 Carnauba	monostearate (435/E435)	Sodium lauryl

Sodium lauryl ether sulphate (SLES)	Steareth - 10	Sucrose stearate
Sodium lauryl sulfate	Steareth - 11	Sulphonated Methyl Esters
Sodium lauryl sulfoacetate	Steareth - 13	Synthetic beeswax
Sodium lauryl sulphate	Steareth - 14	Taxanomic
Sodium lauroyl sarcosinate	Steareth - 15	TEA-lauryl sulphate
Sodium myristate	Steareth - 16	TEA-stearate
Sodium oleyl lactylate	Steareth - 20	Temest 2 EHC (Ethylhexyl Cocoate)
Sodium Methyl Cocoyl Taurate	Steareth - 21	Temest 2 EHP (Ethylhexyl Palmitate)
Sodium stearoyl lactylate	Steareth - 25	Temest 2 EHS (Ethylhexyl Stearate)
Sodium palm kernelate	Steareth - 27	Temest 810 (Caprylic/Capric Triglyceride)
Sodium palm kerneloyl isethionate	Steareth - 30	Temest 99 (Isononyl Isononanoate)
Sodium palmate	Steareth - 40	Temest ALB (C12 15 Alkyl Benzoate)
Sodium palmitate	Steareth - 50	Temest CTE (Cetearyl Ethylhexanoate)
Sodium stearate	Steareth - 100	Temest CTN (Cetearyl Isononanoate)
Sodium stearoyl fumarate	Stearic Acid (C18)& (570)	Temest DO (Decyl Oleate)
Sodium Stearoyl glutamate	Stearic acid (vegetable oil)	Tetradecylcadecyl myristate
Sodium stearoyl lactylate	Stearic Acid 50 NF Powder	Tetrasodium glutamate diacetate
Sodium stearoyl lactylate (481/E481)	Stearic Acid 55% 65%, 70%, 90%	Tocopherols
Solubiliser PS20	Stearic acid or fatty acid (570)	Tocopheryl linoleate
Sorbitan Caprylate	Stearic hydrazide	Triacetin
Sorbitan Cocoate	Stearone	Triacetin (1518)
Sorbitan diisostearate	Stearoxytrimethylsilane	Tribehenin
Sorbitan Distearate	Stearoyl sarcosine	Tricaprylin
Sorbitan ester	Stearyl acetate	Tridecyl myristate
Sorbitan isotearate	Stearyl alcohol	<u>Triisopropanolamine</u>
Sorbitan laurate	Stearyl alcohol NF	Triple Pressed Stearic Acid
Sorbitan monoglyceride	Stearyl caprylate,	Tristearin
Sorbitan monolaurate	Stearyl citrate	Veg Emulse
Sorbitan monopalmitate	Stearyl dimethicone	Vegetable Emulsifier
Sorbitan monostearate (491)	Stearyl glycyrrhetinate	Vegetable glycerine
Sorbitan palmitate	Stearyl heptanoate	Vegetable gum (466)
Sorbitan sesquioleate	Stearyl Octanoate	Vegetable mono diglycerides
Sorbitan trioleate	Stearyl Stearate	Vegetable oil
Sorbitan tristearate	Stearyl tartarate	Vitamin A Palmitate
Sorbitan tristearate (492)	Stearyltrimethylammonium Chloride	Zinc myristate
Sorbitan triglyceride	Stearoyl lactic acid	Zinc stearate
Stearalkonium chloride	Stearoyldimethyl amine	
Stearalkonium hectorite	Steartrimonium chloride	
Stearamide MEA	Succinylated monoglycerides	
Stearamidopropyl dimethylamine	Sucrose esters of fatty acids (473/E473)	
Stearamine Oxide	Sucrose distearate	
Steareth - 2	Sucrose oleate	
Steareth - 7	Sucrose tristearate	
	Shea butter (extended)	

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If it has an ingredient label and you are eating or drinking it, washing or cleaning with it, or putting it on your skin/body/hair, check the ingredients against this list to see if there are palm oil derivatives in it.

Begin by reading labels. Don't buy anything with "palm" in the name, as in Palm Oil, Palm Kernel Oil, Hydrogenated Palm Kernel Oil, Vitamin A Palmitate.

Our website has many categories of products without palm oil. Use it to make it easier to support palm oil free products.

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