



Sweet Prickly Pear

OPUNTIA FICUS INDICA

a.k.a Barbary Fig, Indian Fig, Tuna Cactus

Sweet Prickly Pear's seed oil is a truly prized component of MYÖTH's Base Oils. This spiky superstar has superior levels of vitamins and antioxidants that are beneficial for a variety of concerns.

PROPERTIES

Fatty Acids (from seeds)

- Omega 6/Linoleic Acid (~60%)
- Omega 9/Oleic Acid (~25%)
- Palmitic Acid (~12%)
- Stearic Acid (~3.5%)

Antioxidants

- Carotenoids
- Flavonoids

Vitamins + Minerals

- Vitamin C
- Vitamin E (~895 mg/kg)
- Vitamin K
- Calcium
- Potassium
- Magnesium

SKIN CARE

Non-comedogenic Sweet Prickly Pear Seed oil helps maintain malleable cell membrane structure and skin permeability. This translates into:

- Keeping skin soft and supple
- Preventing fine lines and dryness
- Brightening the complexion
- Strengthen hair and nails
- Smoother, refined skin texture
- Reduced appearance of dark spots and circles

DID YOU KNOW?

Extraction of the oil is very labor intensive and time-consuming. With one seed producing only 3-5% of oil, huge amounts of seeds must be extracted to obtain it, making the oil very expensive.



Prickly Pear Seed Oil contains the most Vitamin E of any beauty oil on the market (150% more than Argan Oil), and the highest percentage of unsaturated fatty acids (~88%)

More about the plant

GENERAL APPEARANCE

- A succulent shrub or tree that can grow up to 5m.
- Has very large flattened and elongated (oblong/elliptic) cladodes (a.k.a. nopales).
- Has showy flowers in bright yellow, orange, or red.
- Bears edible reddish berries, about 8cm long and covered with clusters of tiny spines.

HABITAT

Generally grows in arid and semi-arid regions.

- Mexico (likely origin)
- Morocco
- Australia (invasive weed)
- Southern Europe
- Africa (invasive weed)
- Southern Asia
- Southern USA

If left unchecked, *opuntia ficus-indica* can become invasive. It can displace indigenous species and dependent animals.

HISTORICAL USES

Aztecs used prickly pear juice for wound relief and drank it to address hepatitis, while both the fruit and seeds helped in easing diarrhea.

Mexican traditional medicine also relied on prickly pear to address chronic diseases like obesity, cardiovascular and inflammatory diseases and gastric ulcers.

MEDICAL PROPERTIES

Prickly pear has been shown to contain antioxidant, anti-inflammatory, anti-arthritis, anti-ulcerogenic, anticancer, hypoglycaemic, anti-infective, anti-diarrheal, diuretic and anti-rheumatic properties.

It has been shown to be useful for:

- Fighting viruses and infections
- Helping to treat wounds and burns
- Treating diarrhea
- Warding off diabetes, cardiovascular disease, prostate disease and other inflammatory diseases
- Relieving gastric ulcers
- Reducing pain
- Stopping bleeding

THE PREBIOTIC/PROBIOTIC CONNECTION

The mucilaginous fibres from Prickly Pear's cladodes contain pectic-oligosaccharides, which have been shown to increase lactobacilli by 23.8%, and bifidobacteria by 25%. They also led to a decrease in pathogens such as Enterococci, Staphylococci, and Clostridia.

Moreover, these beneficial bacterial cultures increased production of short-chain fatty acids, such as propionate and butyrate by 50%. These fatty acids have strong anti-inflammatory effects and directly contribute to fighting issues such as autoimmunity, obesity, and colon cancer.

DID YOU KNOW?

The fruit of the prickly pear can be used in jellies, preserves, pickles, salsas, vinaigrettes, salads, flavoured spreads, pie-filling, or as a dried snack.



SOURCES

Opuntia spp.: Characterization and Benefits in Chronic Diseases: <https://www.hindawi.com/journals/omcl/2017/8634249/>

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