

# MUSTARD OIL – North American Rules



An Update on MUSTARD OIL and the for **EXTERNAL USE ONLY** notice on the label.

I contacted Kissan via email this morning and within ten minutes I received a call from Reema Juneja (Director - Kissan International (Canada) Inc.).

Apparently, any Mustard Oil sold in North America has to carry that warning by law. This is because some testing done more than 40 years ago showed that its high content of erucic acid was found to cause problems in rats. No formal testing on humans was done (primarily because the Olive Oil lobby was very vociferous about it).

However, in Asia, Mustard oil has been in use for hundreds (if not thousands) of years in cooking even as dressing and for pickling and actually has been recommended for its health benefits.

There are safe ways of using it if you are worried. You can heat the contents of your bottle of mustard oil to just below its (very high) smoke point, let it cool, and re-bottle it.

Here are some links on the topic:

<https://themustardspecialist.wordpress.com/.../the-right.../>

<https://recipes.timesofindia.com/.../article.../55067780.cms>