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## Saponification Chart

Our saponification values have been gathered primarily from our suppliers and product documentation. In some cases, we have relied upon outside sources. Certain SAP values will differ from those listed in other sources because SAP values can fall within a range of values acceptable for an oil/butter/lipid. The actual value will change depending on the origin of the lipid and what the weather conditions were for that particular plant material and processing techniques. In most cases we used an average of the range so that your soap will not come out lye heavy in the event that the actual SAP value was on the lower end of the range.

These numbers are actual SAP values expressed in the number of mg of KOH required to saponify 1 g of oil/fat. When reading a certificate of analysis of an oil/fat, the SAP Value will be listed in this way.

Most soapers prefer to convert these numbers when making soap to be able to calculate their lye easily. You will see these converted values listed as decimal values. They are derived from the actual SAP value and are not true SAP values.

Dividing the SAP value by 1000 gives us a ratio of KOH to Oil in the same units (mg), and therefore becomes the ratio of KOH needed for any unit, as long as you use the same units to measure your KOH and Oils. Example: An oil with an average SAP value of 190 will require  $190/1000 = 0.190$  g of KOH per g of oil, or 0.190 ounces of KOH per ounce of oil, or 0.190 pounds of KOH per pound of oil.

Dividing the SAP value by 1402.50 or multiplying the KOH ratio by 40/56.1 (the ratio of the molecular weights of NaOH/KOH), gives us the amount of NaOH required for any unit, as long as you use the same units to measure your NaOH and Oils. Example: An oil with an average SAP value of 190 will require  $190/1402.50 = 0.135$  g of NaOH per 1 g of oil, 0.135 ounces NaOH per ounce of oil, or 0.135 pounds of NaOH per pound of oil.

**Summary:**

To convert actual SAP Values into converted values ready to work with in any unit:

Solid Soap (NaOH): Divide the average SAP Value by 1402.50

Liquid Soap (KOH): Divide the average SAP Value by 1000

To download a tab delimited text copy of this chart, please [click here](#).

Please [let us know](#) if you have any questions or would like us to add any SAP values.

Lipids	SAP	NAOH (oz.)	KOH (oz.)	INCI Name
<a href="#">Acai Oil, Organic</a>	188 - 203	0.14	0.196	Euterpe Oleracea (Acai) Oil
Almond Butter, Sweet	90 - 140	0.082	0.115	Prunus amygdalus dulcis (Sweet Almond) Oil (and) Hydrogenated Vegetable Oil
Almond Oil, Sweet	190 - 200	0.139	0.195	Prunus Amygdalus Dulcis (Sweet Almond) Oil
<a href="#">Aloe Vera Butter</a>	220 - 260	0.171	0.24	Cocos Nucifera (Coconut) Oil and Aloe Barbadensis Leaf Extract
<a href="#">Amla Oil</a>	150 - 350	0.178	0.25	Emblica Officinalis (Amla) Fruit Extract and Sesamum Indicum (Sesame) Seed Oil
Apple Seed Oil	185 - 200	0.138	0.193	Pyrus Malus Apple Seed Oil
Apricot Kernel Butter	130 - 145	0.098	0.138	Prunus armeniaca (Apricot) Kernel Oil
<a href="#">Apricot Kernel Oil</a>	185 - 195	0.135	0.19	Prunus Armeniaca (Apricot) Kernel Oil
<a href="#">Apricot Kernel Oil,</a>	185 - 195	0.135	0.19	Prunus Armeniaca (Apricot) Kernel Oil

## Saponification Chart

<u>Organic</u>				
<u>Argan Oil, Virgin Organic</u>	180 - 200	0.135	0.19	Argania Spinosa (Argan) Kernel Oil
Avocado Butter	177 - 198	0.134	0.188	Persea Gratissima (Avocado) Oil and Hydrogenated Vegetable Oil
<u>Avocado Oil</u>	187 - 197	0.137	0.192	Persea Gratissima (Avocado) Oil
Avocado Oil, Organic	185 - 200	0.138	0.193	Persea gratissima (Avocado) Oil
Avocado Oil, Refined	185 - 230	0.148	0.208	Persea Gratissima (Avocado) Oil
Avocado Oil, Virgin	177 - 198	0.134	0.188	Persea gratissima (Avocado) Oil
<u>Babassu Oil</u>	245 - 256	0.179	0.251	Orbignya Oleifera (Babassu) Seed Oil
Baobab Oil	180 - 200	0.135	0.19	Adansonia Digitata (Baobab) Seed Oil
<u>Baobab Oil, Unrefined</u>	140 - 205	0.123	0.173	Adansonia Digitata (Baobab) Seed Oil
Beef Tallow	196	0.14	0.196	
Black Cumin Seed Oil	185 - 205	0.139	0.195	Nigella Sativa (Black Cumin) Seed Oil
Black Cumin Seed Oil, Organic	185 - 205	0.139	0.195	Nigella Sativa (Black Cumin) Seed Oil
Black Currant Seed Oil	185 - 195	0.135	0.19	Ribes Nigrum (Blackcurrant) Seed Oil
Borage Oil	175 - 196	0.133	0.186	Borago officinalis (Borage) Seed Oil
<u>Borage Oil, Organic, Refined, 20% GLA</u>	185 - 195	0.135	0.19	Borago Officinalis (Borage) Seed Oil
Borage Oil, Organic, Virgin, 20% GLA	185 - 195	0.135	0.19	Borago Officinalis (Borage) Seed Oil
Borage Oil, Refined, 20% GLA	185 - 195	0.135	0.19	Borago Officinalis (Borage) Seed Oil
Borage Oil, Refined, 22% GLA	185 - 195	0.135	0.19	Borago Officinalis (Borage) Seed Oil
Borage Oil, Virgin, 20% GLA	185 - 195	0.135	0.19	Borago Officinalis (Borage) Seed Oil
<u>Brazil Nut Oil, Organic</u>	186 - 196	0.136	0.191	Bertholletia Excelsa (Brazil) Nut Oil
<u>Buriti Oil</u>	185 - 240	0.152	0.213	Mauritia Flexuosa (Buriti) Fruit Oil
Calabash Oil	170 - 180	0.125	0.175	Lagenaria Sphaerica (Calabash) Seed Oil
Camelina Oil	185 - 197	0.136	0.191	Camelina sativa (Camelina) Seed Oil
<u>Camelina Oil, Organic</u>	182	0.13	0.182	Camelina Sativa (Camelina) Seed Oil
<u>Candelilla Wax Pellets</u>	43 - 65	0.039	0.054	Euphorbia Cerifera (Candelilla) Wax
Canola Oil	173	0.123	0.173	
Caprylic Capric Triglyceride MCT	325 - 345	0.239	0.335	Caprylic/Capric Triglyceride
<u>Caprylic Capric Triglycerides MCT Oil</u>	325 - 345	0.239	0.335	Caprylic/Capric Triglycerides
<u>Caprylic Capric Triglycerides MCT Oil, Organic</u>	310 - 360	0.239	0.335	Cocos Nucifera (Coconut) Oil

## Saponification Chart

<a href="#">Carnauba Wax Flakes</a>	78 - 95	0.062	0.087	Copernicia Cerifera (Carnauba) Wax
Carrot Oil	190	0.135	0.19	Glycine Soja (Soybean) Oil (and) Daucus carota sativa (Carrot) Root Extract (and) Tocopherol
Castor Oil, Black	176 - 186	0.129	0.181	Ricinus Communis (Castor) Seed Oil
<a href="#">Castor Oil, Black, Light</a>	176 - 186	0.129	0.181	Ricinus Communis (Castor) Seed Oil
Castor Oil, Jamaican Black	177 - 185	0.129	0.181	Ricinus Communis (Castor) Seed Oil
Cherry Kernel Oil	180 - 200	0.135	0.19	Prunus Avium (Cherry) Kernel Oil
<a href="#">Chia Seed Oil, Virgin, Organic</a>	180 - 200	0.135	0.19	Salvia Hispanica (Chia) Seed Oil (and) Tocopherol
Cocoa Butter, Deodorized	188 - 198	0.138	0.193	Theobroma cacao (Cocoa) Seed Butter
Cocoa Butter, Pure Prime Pressed	188 - 200	0.138	0.194	Theobroma Cacao (Cocoa) Seed Butter
Cocoa Butter, Ultra Refined	188 - 200	0.138	0.194	Theobroma cacao (Cocoa) Seed Butter
Cocoa Oil	173 - 188	0.129	0.181	Theobroma cacao (Cocoa) Oil
Coconut Oil, Organic	250 - 265	0.184	0.258	Cocos Nucifera (Coconut) Oil
Coconut Oil, Organic, Virgin	250 - 265	0.184	0.258	Cocos nucifera (Coconut) Oil
<a href="#">Coconut Oil, RBD</a>	250 - 264	0.183	0.257	Cocos Nucifera (Coconut) Oil
Coconut Oil, Virgin, Organic	248 - 268	0.184	0.258	Cocos Nucifera (Virgin Coconut) Oil
Coffee Bean Butter	175 - 200	0.134	0.188	Hydrogenated Vegetable Oil, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Coffea Arabica (Coffee) Seed Oil
Corn Oil	190	0.135	0.19	
Cottonseed Oil	192	0.137	0.192	
<a href="#">Cucumber Seed Oil</a>	180 - 190	0.132	0.185	Cucumis Sativus (Cucumber) Oil
<a href="#">Cupuacu Butter, Refined</a>	210 - 235	0.159	0.223	Theobroma Grandiflorum (Cupuacu) Seed Butter
Cupuacu Butter, Ultra Refined	210 - 235	0.159	0.223	Theobroma grandiflorum (Cupuacu) Butter
Deer Tallow	195	0.139	0.195	
Emu Oil, Clear AEA Certified	185 - 200	0.138	0.193	Emu Oil
Evening Primrose Oil	180 - 195	0.134	0.188	Oenothera biennis (Evening Primrose) Oil
Evening Primrose Oil Refined 9% GLA	180 - 195	0.134	0.188	Oenothera Biennis (Evening Primrose) Oil
Flax Seed Oil	186 - 196	0.136	0.191	Linum Usitatissimum (Linseed) Seed Oil
<a href="#">Flax Seed Oil, Organic</a>	186 - 196	0.136	0.191	Linum Usitatissimum (Flax) Seed Oil
Fractionated Coconut Oil	325 - 345	0.239	0.335	Cocos Nucifera (Coconut) Oil
Goat Tallow	195	0.139	0.195	

## Saponification Chart

Grape Seed Oil	180 - 200	0.135	0.19	Vitis Vinifera (Grape) Seed Oil, Tocopherol
<a href="#">Grape Seed Oil, Chardonnay</a>	176 - 194	0.132	0.185	Vitis Vinifera (Grape) Seed Oil
Grape Seed Oil, Organic	185 - 200	0.138	0.193	Vitis vinifera (Grape) Seed Oil
<a href="#">Grape Seed Oil, Riesling</a>	185 - 200	0.138	0.193	Vitis Vinifera (Grape) Seed Oil
Hazelnut Oil	187 - 195	0.136	0.191	Corylus Avellana (Hazel) Seed Oil
Hazelnut Oil, Chilean Gevuina	184 - 195	0.135	0.19	Gevuina Avellana (Hazelnut) Oil
Hemp Seed Butter	175 - 200	0.134	0.188	Cannabis sativa Seed Oil (and) Hydrogenated Vegetable Oil
Hemp Seed Oil	190 - 195	0.138	0.193	Cannabis Sativa (Hemp) Seed Oil
<a href="#">Hemp Seed Oil Refined</a>	188 - 194	0.136	0.191	Cannabis Sativa (Hemp) Seed Oil
Hemp Seed Oil, Organic	190 - 195	0.138	0.193	Cannabis sativa (Hemp) Seed Oil
Hemp Seed Oil, Virgin	188 - 194	0.136	0.191	Cannabis Sativa (Hemp) Seed Oil
<a href="#">Hibiscus Oil, Organic</a>	188 - 200	0.138	0.194	Hibiscus Sabdariffa (Hibiscus) Seed Oil
High Linoleic Safflower Oil	180 - 195	0.134	0.188	Carthamus tinctorius (Safflower) Oil
Illipe Butter	188 - 200	0.138	0.194	Shorea stenoptera (Illipe) Seed Butter
Joboba Oil, Golden, Organic	86 - 96	0.065	0.091	Simmondsia chinensis (Jojoba) Seed Oil
<a href="#">Jojoba Oil, Natural</a>	85 - 98	0.066	0.092	Simmondsia Chinensis (Jojoba) Seed Oil
<a href="#">Jojoba, Clear</a>	90 - 93	0.066	0.092	Simmondsia Chinensis (Jojoba) Seed Oil
Jojoba, Organic, Clear	90 - 95	0.066	0.093	Simmondsia chinensis (Jojoba) Seed Oil
<a href="#">Karanja Oil, Organic</a>	185 - 195	0.135	0.19	Pongamia Glabra (Karanja) Seed Oil
Kokum Butter	187 - 193	0.135	0.19	Garcinia indica (Kokum) Seed Butter
<a href="#">Kukui Nut Oil</a>	185 - 195	0.135	0.19	Aleurites Moluccana (Kukui) Nut Oil
Lanolin Oil	90 - 110	0.071	0.1	Lanolin Oil
Lard	193	0.138	0.193	
Laurel Berry Oil	198 - 206	0.144	0.202	Laurus Nobilis (Laurel) Oil
Laurel Wax	210 - 240	0.16	0.225	Myrica Pubescens Fruit Wax
Lecithin Liquid	180 - 200	0.135	0.19	Lecithin
Macadamia Nut Butter	175 - 200	0.134	0.188	Macadamia ternifolia Seed Oil (and) Hydrogenated Vegetable Oil
Macadamia Nut Oil	190 - 200	0.139	0.195	Macadamia Integrifolia (Macadamia) Nut Oil
Macadamia Nut Oil, Organic	190 - 200	0.139	0.195	Macadamia Ternifolia (Macadamia) Seed Oil
Mango Butter	183 - 198	0.136	0.191	Mangifera indica (Mango) Seed Butter
<a href="#">Mango Butter, Refined</a>	185 - 195	0.135	0.19	Mangifera Indica (Mango) Seed Butter
Mango Oil (Olein)	180 - 195	0.134	0.188	Mangifera indica (Mango) Seed Oil

## Saponification Chart

Manketti Oil	190 - 205	0.141	0.198	Schinziophyton rautanenii (Manketti) Oil
Maracuja Oil Passionfruit, Virgin	150 - 210	0.128	0.18	Passiflora Edulis (Passionfruit) Seed Oil
<a href="#">Marula Oil</a>	193 - 200	0.14	0.197	Sclerocarya Birrea (Marula) Kernel Oil
Marula Oil, Virgin	188 - 199	0.138	0.194	Sclerocarya Birrea (Marula) Kernel Oil
Meadowfoam Oil	169	0.12	0.169	Limnanthes alba (Meadowfoam) Seed Oil
<a href="#">Meadowfoam Seed Oil</a>	160 - 175	0.12	0.168	Limnanthes Alba (Meadowfoam) Seed Oil
Monoï de Tahiti Oil	240 - 270	0.182	0.255	Cocos Nucifera (Coconut) Oil (and) Gardenia Tahitensis (Tiare) Flower Extract (and) Tocopherol (and) Helianthus Annus (Sunflower) Seed Oil
Moringa Oil	185 - 205	0.139	0.195	Moringa Oleifera Seed Oil
<a href="#">Murumuru Butter</a>	245 - 260	0.18	0.253	Astrocaryum Murumuru Seed Butter
Mustard Oil	172	0.123	0.172	
Neem Oil	197	0.14	0.197	Azadirachta indica (Neem) Oil
<a href="#">Neem Oil, Organic</a>	190 - 199	0.139	0.195	Azadirachta Indica (Neem) Kernel Oil
Niger-Seed Oil	189	0.135	0.189	
<a href="#">Nilotica Shea Butter, Organic</a>	185 - 195	0.135	0.19	Butyrospermum Parkii (Shea) Seed Butter
Oat Oil	185 - 200	0.138	0.193	Avena sativa (Oat) Kernel Oil
Olive Butter	175 - 200	0.134	0.188	Olea europea (Olive) Seed Oil (and) Hydrogenated Vegetable Oil
<a href="#">Olive Oil</a>	184 - 196	0.135	0.19	Olea Europaea (Olive) Fruit Oil
Olive Oil, Extra Virgin, Organic	184 - 196	0.135	0.19	Olea europaea (Olive) Fruit Oil
<a href="#">Organic Evening Primrose Oil</a>	180 - 195	0.134	0.188	Oenothera Biennis (Evening Primrose) Oil
Organic Oil: Neem	190 - 199	0.139	0.195	Azadirachta Indica (Neem) Kernel Oil
<a href="#">Organic Rose Hip Seed Oil, Refined</a>	175 - 195	0.132	0.185	Rosa Canina (Rose Hip) Seed Oil
<a href="#">Organic Virgin Coconut Oil</a>	255 - 265	0.185	0.26	Cocos Nucifera (Coconut) Oil
<a href="#">Organic Virgin Hemp Seed Oil</a>	188 - 194	0.136	0.191	Cannabis Sativa (Hemp) Seed Oil
Palm Oil	190 - 205	0.141	0.198	Elaeis guineensis (Palm) Oil
<a href="#">Passionfruit Seed Oil, Organic</a>	167 - 200	0.131	0.184	Passiflora Edulis (Passionfruit) Seed Oil
<a href="#">Peach Kernel Oil</a>	185 - 195	0.135	0.19	Prunus Persica (Peach) Kernel Oil
Peanut Oil	190	0.135	0.19	
Pecan Oil	186 - 194	0.135	0.19	Algooquian pacaan (Pecan) Nut Oil
<a href="#">Pequi Oil, Refined</a>	190 - 215	0.145	0.203	Caryocar Braziliensis (Pequi) Fruit Oil
Perilla Oil	185 - 200	0.138	0.193	Perilla ocyroides (Perilla) Seed Oil
<a href="#">Perilla Seed Oil, Organic</a>	185 - 200	0.138	0.193	Perilla Frutescens (Perilla) Seed Oil

## Saponification Chart

Pistachio Nut Butter	175 - 200	0.134	0.188	Pistacia Vera Seed Oil (and) Hydrogenated Vegetable Oil
Pomace Olive Oil	190	0.135	0.19	Olea europaea (Olive) Fruit Oil
Pomegranate Seed Oil	185	0.132	0.185	Punica granatum linn (Pomegranate) Oil
Pomegranate Seed Oil, Organic	185	0.132	0.185	Punica granatum linn (Pomegranate) Oil
<a href="#">Pomegranate Seed Oil, Organic, Virgin</a>	182 - 192	0.133	0.187	Punica Granatum Linn (Pomegranate) Seed Oil
<a href="#">Pomegranate Seed Oil, Virgin</a>	182 - 192	0.133	0.187	Punica Granatum (Pomegranate) Seed Oil
<a href="#">Poppy Seed Oil</a>	163	0.116	0.163	Papaver Somniferum (Poppy) Seed Oil
<a href="#">Prickly Pear Seed Oil, Organic</a>	169 - 174	0.123	0.172	Opuntia Ficus Indica (Prickly Pear) Seed Oil
<a href="#">Pumpkin Seed Oil, Organic, Virgin</a>	188 - 198	0.138	0.193	Cucurbita Pepo (Pumpkin) Seed Oil
Pumpkin Seed Oil, Refined	188 - 198	0.138	0.193	Cucurbita Pepo (Pumpkin) Seed Oil
Rapeseed Oil	175	0.125	0.175	
Red Raspberry Seed Oil	188	0.134	0.188	Rubus Idaeus (Red Raspberry) Seed Oil
Red Raspberry Seed Oil, Organic	188	0.134	0.188	Rubus Idaeus (Red Raspberry) Seed Oil
Rice Bran Oil	185 - 195	0.135	0.19	Oryza sativa (Rice) Bran Oil
Rice Bran Oil, CP	180 - 190	0.132	0.185	Oryza sativa (Rice) Bran Oil
Rice Bran Oil, Organic	180 - 190	0.132	0.185	Oryza sativa (Rice) Bran Oil
<a href="#">Rose Hip Seed Oil, Virgin</a>	175 - 195	0.132	0.185	Rosa Moschata (Rose Hip) Seed Oil
Rosehip Oil	185 - 193	0.135	0.189	Rosa Canina / Rosa Rubiginosa (Rose Hip) Seed Oil
Rosehip Seed Oil, Organic	185 - 193	0.135	0.189	Rosa Canina / Rosa Rubiginosa (Rose Hip) Seed Oil
<a href="#">Sacha Inchi Oil, Organic</a>	180 - 210	0.139	0.195	Plukenetia Volubilis (Sacha Inchi) Seed Oil
<a href="#">Safflower Oil, Organic, High Oleic, Refined</a>	186 - 198	0.137	0.192	Carthamus Tinctorius (Safflower) Seed Oil
<a href="#">Seabuckthorn Berry, Total CO2 Extract</a>	180 - 195	0.134	0.188	Hippophae Rhamnoides (Seabuckthorn) Fruit Extract
Sesame Oil	188 - 195	0.137	0.192	Sesamum indicum (Sesame) Seed Oil
<a href="#">Sesame Oil, Organic</a>	188 - 198	0.138	0.193	Sesamum Indicum (Sesame) Seed Oil
<a href="#">Shea Butter</a>	170 - 190	0.128	0.18	Butyrospermum Parkii (Shea Butter) Fruit
Shea Butter, Organic Crushed & Refined	170 - 190	0.128	0.18	Butyrospermum Parkii (Shea) Fruit Butter
<a href="#">Shea Oil</a>	170 - 195	0.13	0.183	Butyrospermum Parkii (Shea Butter) Extract and Citric Acid (0.001% added for stability)
Shortening, Vegetable	190	0.135	0.19	
Soybean Oil	180 - 200	0.135	0.19	Glycine soja (Soybean) Oil

## Saponification Chart

Soybean Oil, Organic	189 - 195	0.137	0.192	Glycine Soja (Soybean) Oil
Stearic Acid, Palm-Based	208 - 213	0.15	0.211	Stearic Acid
Strawberry Seed Oil	170 - 210	0.135	0.19	Fragaria Ananassa (Strawberry) Seed Oil
Sunflower Oil, High Oleic	191	0.136	0.191	Helianthus annuus (Sunflower) Oil
<a href="#">Sunflower Oil, Refined Organic</a>	188 - 194	0.136	0.191	Helianthus Annuus (Sunflower) Seed Oil
Sweet Almond Oil, Refined	184 - 196	0.135	0.19	Prunus dulcis (Sweet Almond) Kernel Oil
Sweet Almond Oil, Winterized	184 - 196	0.135	0.19	Prunus Dulcis (Sweet Almond) Oil
<a href="#">Tamanu Foraha Oil</a>	185 - 205	0.139	0.195	Calophyllum Tacamahaca (Tamanu) Seed Oil
Tomato Seed Oil	180 - 200	0.135	0.19	Solanum Lycopersicum (Tomato) Seed Oil
<a href="#">Ungurahui Oil, Unrefined</a>	188 - 198	0.138	0.193	Oenocarpus Bataua (Ungurahui) Oil
Walnut Oil	189 - 197	0.138	0.193	Juglans Regia (Walnut) Seed Oil
<a href="#">Watermelon Seed Oil</a>	188 - 195	0.137	0.192	Citrullus Lanatus (Watermelon) Seed Oil
<a href="#">Wheatgerm Oil</a>	180 - 195	0.134	0.188	Triticum Vulgare (Wheat) Germ Oil
<a href="#">Yangu Cape Chestnut Oil</a>	185 - 200	0.138	0.193	Calodendrum Capense (Cape Chestnut) Seed Oil

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- Carole Wade | Bee Soft & Natural, Bolivar, MO

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