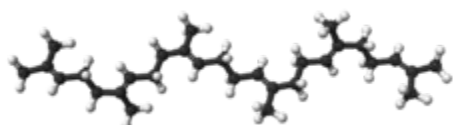
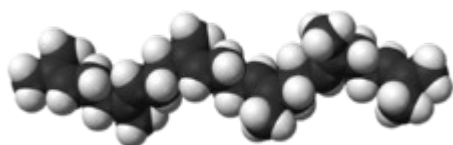
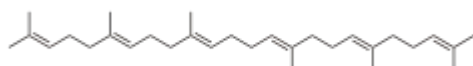


# Squalene

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## Squalene



[Systematic name](#)<sup>[hide]</sup>

2,6,10,15,19,23-Hexamethyltetracos-2,6,10,14,18,22-hexaene<sup>[1]</sup>

**Squalene** is a natural [organic compound](#) originally obtained for commercial purposes primarily from [shark liver oil](#), though plant sources (primarily vegetable oils) are used as well, including [amaranth](#) seed, rice bran, wheat germ, and olives. All plants and animals produce squalene, including [humans](#). Squalene has been proposed to be an important part of the [Mediterranean diet](#) as it may be a [chemopreventative](#) substance that protects people from cancer.<sup>[2][3]</sup>

Squalene is a [hydrocarbon](#) and a [triterpene](#), and is a natural and vital part of the synthesis of cholesterol, steroid hormones, and vitamin D in the human body.<sup>[4]</sup> Squalene is used in cosmetics, and more recently as an [immunologic adjuvant](#) in vaccines.

## Use as a skin moisturizer in cosmetics

Squalene is used in cosmetics as a natural [moisturizer](#). It penetrates the skin quickly, does not leave a greasy feeling on the skin and blends well with other oils and vitamins. [Squalane](#) is a [saturated](#) form of squalene in which the double bonds have been eliminated by [hydrogenation](#). Because squalane is less susceptible to [oxidation](#) than squalene, it is more commonly used in personal care products. Toxicology studies have determined that in the concentrations used in cosmetics, both squalene and squalane have low acute toxicity, and are not significant human skin irritants or sensitizers.<sup>[8]</sup>