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Mustard Oil

National Cancer Institute

Source

National Cancer Institute. *Mustard Oil*. NCI Thesaurus. Code C107332.

The vegetable oil pressed from seeds or the essential oil extracted from the seeds of *Brassica nigra*, *Brassica juncea*, or *Brassica hirta*. Mustard oil is used as a cooking oil, a source of omega-3 fatty acids, and in various medicinal preparations.