



## Emu Oil

Revised: December 3, 2018.

## Drug Levels and Effects

### Summary of Use during Lactation

Emu oil is a mixture of fatty acids derived from the fat of the emu (*Dromiceius novahollandiae*). It contains linoleic, linolenic, myristic, oleic, palmitic, palmitoleic, and stearic acids. It has been used as a moisturizing agent and some animal data indicate that it might promote wound healing and decrease inflammation. An emu oil-based cream (Clemulina Pus cream, Sitar Laboratories, Padua, Italy) applied to the nipples and areolas of breastfeeding mothers after each nursing appeared to improve skin hydration. Whether this led to reduced nipple cracking or any effects on nursing infants was not studied.[1]

### Effects in Breastfed Infants

Relevant published information was not found as of the revision date.

### Effects on Lactation and Breastmilk

Relevant published information was not found as of the revision date.

### Alternate Drugs to Consider

Aloe, Lanolin, Peppermint

### References

1. Zanardo V, Giarrizzo D, Maiolo L, Straface G. Efficacy of topical application of emu oil on areola skin barrier in breastfeeding women. *J Evid Based Complementary Altern Med.* 2016;21:10-3. PubMed PMID: 26080458.

## Substance Identification

### Substance Name

Emu Oil

## Scientific Name

*Dromiceius novahollandiae*

## Drug Class

Breast Feeding

Lactation

Anti-Infective Agents, Local

Complementary Therapies

Cosmetics

Oils