

Table S2. Fatty acid composition of tested oils. Sources: <sup>1</sup>(United States Department of Agriculture, 2018), <sup>2</sup>(Busson-Breyse, Farines, & Soulier, 1994). \*The exact composition of MCT oil is unknown as percentages of palm kernel and coconut oils were not listed and can vary. \*\*Mineral oil is a petroleum-based oil.

<b>Oil</b>	<b>% Saturated</b>	<b>% Monounsaturated</b>	<b>% Polyunsaturated</b>
Flax seed <sup>1</sup>	9.0	18.4	67.8
Grapeseed <sup>1</sup>	11.0	16.1	69.9
Hemp seed <sup>1</sup>	7.0	9.0	82.0
Clear jojoba <sup>2</sup>	0.9	99.1	0.0
Golden jojoba <sup>2</sup>	0.9	99.1	0.0
MCT*			
Palm kernel <sup>1</sup>	49.3	37.0	9.3
Coconut <sup>1</sup>	82.5	6.3	1.7
Mineral**	N/A	N/A	N/A
Olive <sup>1</sup>	13.8	73.0	10.5