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Subject: Good castor oil to take orally

Posted by [bibiphoque](#) on Tue, 30 Jan 2018 22:37:07 GMT

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Hallo guys,

I would like to give castor oil, taken orally, a try.

I want to get one that would be cold pressed, and organic. However could you tell me if I should consider one that would be refined (apparently it would make it odorless and transparent, but maybe it would lose some of its benefits) or unrefined.

So far I tried this one on amazon, it is unrefined:

[https://www.amazon.de/gp/product/B017IA5H0M/ref=ox\\_sc\\_act\\_title\\_1?smid=A1T78T9EEWWK3J&psc=1](https://www.amazon.de/gp/product/B017IA5H0M/ref=ox_sc_act_title_1?smid=A1T78T9EEWWK3J&psc=1)

Would it be ok, or maybe should I consider another one?

Vielen Dank!

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