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Poga oleosa

INOY NUT is a tree. It is native to western Africa (from Nigeria to the Congo).

It is also known as *Afo* (Gabonese), African brazil nut, *Inoi* (Nigerian), Inoi nut, *Ngale* (Cameroonian), *Ovoga* (English, Gabonese), and *Pogo*.

Oleosa is derived from Latin *olearius* (of or for oil) with reference to the oil extracted from the seeds.

Locally these fruit have offered food, the seeds or kernels have provided a condiment, and the edible seed oil (known as Oil of Inoy kernel) has been used for cooking.

The pinkish-red or pinkish-beige wood has been used for general carpentry, veneering and joinery, as well as for making parts of furniture, and boxes and crates.