



The Truth About Coconut Oil

Omega Nutrition offers two certified organic **Coconut Oil** choices. Each one provides a great source of fuel, energy, and the highly beneficial fatty acid—lauric acid. Our **Virgin Coconut Oil** is suitable for raw food diets and is great for cooking that benefits from a full coconut flavor and aroma. **Omega Nutrition's** original, neutral-flavored **Coconut Oil** is a versatile oil, ideal for dishes that do not require a discernible coconut flavor.

Experts recognize the health benefits

The general public is beginning to understand that not all saturated fats are alike. Primarily made up of medium chain fatty acids (MCTs), **Coconut Oil** is metabolized efficiently and converted into energy rather than stored as fat. Dieters, athletes and people who have trouble digesting fat find **Coconut Oil** can be more readily digested than other oils.

Lauric acid supports immune function

Coconut Oil is also a significant plant source of lauric acid, a fatty acid recognized for its anti-bacterial, anti-viral and anti-protozoal properties. Esteemed fat and lipid scientist Dr. Mary Enig states, "Recently published research has shown that natural coconut fat in the diet leads to a normalization of body lipids, protects against alcohol damage to the liver, and improves the immune system's anti-inflammatory response."

No trans-fatty acids

Both of Omega Nutrition's **Coconut Oils** contain no trans-fatty acids and are non-hydrogenated. These naturally-saturated oils can handle the heat of higher temperature cooking.

Easy to use

Coconut Oil is ideal for moderate to higher temperature cooking. Use to replace butter or shortening in baking recipes. Also a great vegan and dairy-free alternative to butter on toast or crackers.

Storage

Coconut Oil is semi-solid at temperatures under 76°F/ 24°C, and becomes liquid when temperatures rise above this mark. **Coconut Oil** does not require refrigeration and will solidify when refrigerated. To soften, remove from fridge well ahead of preparation time.

Virgin Coconut Flour

Omega Nutrition's organic **Virgin Coconut Flour** makes food naturally sweet and rich tasting. **Virgin Coconut Flour** is an excellent gluten free source of dietary fiber, free of trans fatty acids and is a suitable product for people on restricted carbohydrate diets.

Try Virgin Coconut Oil Capsules —

All the goodness of our **Virgin Coconut Oil** in a convenient capsule! Ideal for dieters, athletes and people on-the-go.

