

Coconut Oil

Nature's "Healthy" Saturated Fat



Available in 16 ounces

Discussion

For many decades, coconut oil, a saturated fat, was "out of flavor" with nutritionists who accepted, as fact, the negative outcomes of studies that examined the effects of the oil's hydrogenated form. Coconut oil, in its natural form, is now touted as one of the healthiest oils on earth.

The taste of XYMOGEN's 100% organic virgin coconut oil is as pleasing as its fresh coconut fragrance and pure white appearance. The oil is cold-pressed from organic, non-GMO, freshly harvested coconut, leaving no time for the coconut meat to ferment. It is free of bleaching agents, deodorizing agents, artificial flavors, and all other chemicals. Because XYMOGEN's coconut oil is unrefined, tiny, harmless brown specks of the coconut fiber might be visibly present.

Coconut oil is roughly 96% saturated fat by weight. Approximately 50% of the oil's weight consists of immune-supportive medium chain fatty acids (MCTs) which are also found in mother's milk. Coconut oil contains fat chains known as "medium chain fatty acids (MUFAs)" or "medium chain triglycerides (MCTs)." These fatty acids put very little strain on the digestive system, are easily absorbed, permeate the mitochondria without the aid of enzymes, and provide nourishment and a quick energy source without impacting insulin levels. Unlike other dietary fats, MCTs are not stored as body fat to any significant degree. The liver metabolizes the MCTs into ketones, which can then be used to feed brain cells if they are deprived of glucose, as is the case with insulin resistance. Oral consumption of MCTs has been shown to improve cognition in older individuals.

Lauric acid accounts for approximately 50% of the fatty acid content of coconut. The human body converts the MUFAs into monolaurin, a monoglyceride that is capable of dissolving the lipid-containing envelope surrounding certain microbes. Free lauric acid may also have a wide range of antimicrobial activity.

Clinical Applications

- » Support healthy brain and nervous system function
- » Maintain healthy LDL:HDL ratio
- » Support the body's production of Monolaurin
- » Support immune response to foreign microbes
- » Provide antioxidant support
- » Provide quick, easily digested source of energy

The taste of this 100% organic virgin coconut oil is as pleasing as its fresh coconut fragrance and pure white appearance. The oil is immediately cold-pressed from non-GMO, freshly harvested coconut without time for the coconut meat to ferment. The oil is free of bleaching agents, deodorizing agents, artificial flavors or any other chemicals. Tiny, harmless brown specks of coconut fiber may be present because the oil is unrefined. Approximately 50% of the weight of the coconut oil consists of immune-supportive medium chain fatty acids (MCTs) found in mother's milk. Coconut oil is roughly 96% saturated fat by weight.

Coconut Oil Nutrition Facts

Serving Size: 1 Tablespoon (14 g)

Amount Per Serving		
Calories 125		Calories from Fat 125
		%Daily Value*
Total Fat 14g		22%
Saturated Fat 13g		65%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Sodium 0mg		0%
Total Carbohydrate 0g		0%
Protein 0g		

Not a significant source of cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium, and iron.
 * Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: 100% Organic Virgin Coconut Oil.
Contains: Tree Nuts (Coconut).

DIRECTIONS: Consume one tablespoon per day, or as directed by your healthcare practitioner.

DOES NOT CONTAIN: Wheat, gluten, corn protein, yeast, soy, peanuts, animal or dairy products, artificial colors, artificial sweeteners, or preservatives.

CAUTIONS: Consult your healthcare practitioner before use. Keep out of reach of children.

STORAGE: No refrigeration necessary. Keep container tightly closed in a cool, dry place. If stored above 76°F (25°C), oil will begin to liquify. This is normal and can be reversed if returned below 76°F (25°C).



Certified Organic By: Quality Assurance International

References

1. Nevin KG, Rajamohan T. Beneficial effects of virgin coconut oil on lipid parameters and in vitro LDL oxidation. *Clin-Biochem*. 2004 Sep; 37(9): 830-5
2. Enig, MG. *Know Your Fats: The Complete Primer for Understanding the Nutrition of Fats, Oils, and Cholesterol*, Bethesda Press, Silver Spring, MD (2000).
3. Batovska DI, et al. Antibacterial study of the medium chain fatty acids and their 1-monoglycerides: individual effects and synergistic relationships. *Pol J Microbiol*. 2009;58(1):43-7. [PMID: 19469285]
4. Studzinski CM, et al. Induction of ketosis may improve mitochondrial function and decrease steady-state amyloid-beta precursor protein (APP) levels in the aged dog. *Brain Res*. 2008 Aug 21;1226:209-17. Epub 2008 Jun 11 [PMID: 18582445]
5. Reger MA, Effects of beta-hydroxybutyrate on cognition in memory-impaired adults. *Neurobiol Aging*. 2004 Mar;25(3):311-4. [PMID: 15123336]

Additional references available upon request

All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

The statements in this document have not been evaluated by the Food and Drug Administration. Products listed are not intended to diagnose, treat, cure, or prevent any disease.