

Now in capsules!

# 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 discernant 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 meta-bolized 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** will solidify when refrigerated. To soften, remove from fridge well ahead of preparation time.

## Coconut Garlic-Chili Butter

3/4 cup Omega Nutrition original **Coconut Oil** 70 ml  
 1/4 cup Omega Nutrition **Garlic-Chili Flax Oil** 15–30 ml  
 (freeze for 2 hours prior)  
 to taste Celtic sea salt  
 Mix and store in refrigerator in opaque container for up to six weeks.

## Coconut Fusion Sauce

5 Tbsp Omega Nutrition **Pumpkin Seed Butter** 65 ml  
 1/2 tsp Sweet chili sauce 2 ml  
 1 Tbsp Dark soy sauce 15 ml  
 1/4 cup Omega Nutrition **Virgin Coconut Oil**,  
 melted 100 ml  
 1/2 tsp Omega Nutrition **Sesame Oil** 2 ml  
 1 Lime, juiced

Place **Pumpkin Seed Butter**, chili and soy sauces in a food processor and blend for a few seconds until combined. With the motor running, gradually drizzle the **Virgin Coconut Oil** into it. Add **Sesame Oil** and lime juice and blend until evenly mixed in. Use over veggies, rice, pasta, or even fish or chicken.



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 omegaflo<sub>®</sub> is a trademark of ©2006 Omega Nutrition  
 Vancouver, BC V5L 1P5 / Bellingham, WA 98226  
 call toll free: 1 800 661 FLAX (3529)  
 info@omeganutrition.com  
 www.omeganutrition.com  
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