

Koconut Oil



Distributed By:
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Koconut Oil



Clinical Applications

- Support healthy brain and nervous system function*
- Maintain healthy LDL:HDL ratio already within the normal range*
- 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 cold-pressed from non-GMO, freshly harvested coconuts so that the coconut meat has no time 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 this coconut oil consists of medium-chain fatty acids (MCTs)—fatty acids also found in mother's milk.

All Clinicians Supplement Consultants Formulas Meet or Exceed cGMP Quality Standards

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 Clinicians Supplement Consultants’ 100% organic virgin Koconut 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 Clinicians Supplement Consultants’ Koconut 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 support microbial balance.*

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.



Nutrition Facts

Serving Size 1 Tablespoon (14 g)
Servings Per Container ~32

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).



Certified Organic By:
Quality Assurance International

Directions

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

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]

Cautions

Consult your healthcare practitioner before use. Keep out of reach of children. Avoid if allergic to any ingredient.

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