

# EXTRA VIRGIN COCONUT OIL



Its not the same one you are using at home then ?

Extra virgin coconut oil is made from fresh coconut milk, retaining its nutrients and aroma, while regular coconut oil is refined from dried copra, losing many of its natural properties & nutrients.

- Strengthens Bones
- Good For Healthy Brain
- Contains high minerals.
- It contains Riboflavin, dietary fibre
- Good for kidneys
- Helps maintain healthy ratio of omega 6 to omega 3 fatty acids
- Inhibitory effect against certain chemical carcinogens  
(chemically derived cancer causing agents)
- Improves insulin secretion and symptoms associated with diabetes
- Reduces risk of heart health and improves good cholesterol (HDL)
- Restores and supports thyroid function
- Promotes Antiviral, Antibacterial action .
- Has Anti cancer effect.
- Richest source of MCT ( IDEAL FOR KETOGENIC DIET)
- Daily intake could increase the intake of MCT thereby reducing hunger and promoting weight loss.
- good for bone health

**RICHEST SOURCE OF MCT\***

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