



# COCONUT OIL

**Organic virgin coconut oil is one of the many types of products supplied by iTi Tropicals.**

**Fruit Overview:**

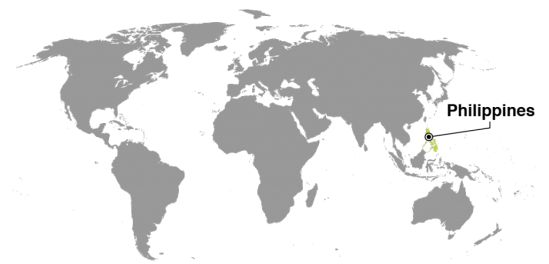
Extracted from the organic coconut, virgin coconut oil has grown tremendously in popularity over the past decade. Known for its extensive health benefits, coconut oil is used in a number of applications from beauty to food. It is often a main ingredient in hair care and skin care products, used for its soothing and stress relieving attributes. These benefits of the oil are due to the presence of lauric, capric and caprylic acids. Coconut oil is used extensively in tropical countries, especially India, Sri Lanka, Thailand, and the Philippines, which all have an abundant production of coconut oil.

**Food Application:**

Organic virgin coconut oil makes a great replacement for less healthy oils, like vegetable oils and shortening, which can contain GMOs and trans fats. It is also great to use in various cooking and baking recipes as a replacement for milk, cream, yogurt or butter. It's delicious on top of or mixed into rice, oatmeal, cereals, and smoothies. Virgin coconut oil is high in lauric acid, a fatty acid with anti-microbial properties also found in human breast milk. The smooth texture of virgin coconut oil allows its use as a replacement for butter fat in premium frozen novelties. In fact, it has been reported that virgin coconut oil can replace double its weight in dairy butter fat.

**Available Product:**

iTi provides organic virgin coconut oil.



Product	Brix	Packaging
<b>Organic Products</b> 100% Organic Virgin Coconut Oil		1,984 lb. tote

We look forward to hearing from you! Or schedule a visit and see where the magic happens!

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