

quick-n-easy virgin coconut oil recipes



recipe 1: breakfast/
tea- sweet toast
Mix Virgin Coconut Oil with
Raw Honey and Cinnamon,
spread it over wholemeal
bread toast for a sweet yet
healthy breakfast treat.

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Bottles are lightweight, food-grade PET bottles which are free from BPA & phtalates.



recipe 2:
strawberry-banana-
chia-
coconut smoothie

Ingredients

1½ cups almond milk (water
is ok too)
1 cup fresh strawberries
1 banana
1 tablespoon coconut oil
1 tablespoon raw honey
(less if you don't want it too
sweet)
1 tablespoon of chia seeds

Place all the ingredients
into your blender, blend at
high speed for about 30
seconds. The nutritional
value of Omega 3 fatty acids
in chia seeds will be greatly
complemented by saturated
oil like virgin coconut oil in
the smoothie.

recipe 3: healthy
coconut rice with
quinoa (nasi lemak
style)

Ingredients

1 cup of rice mixed with
quinoa (rinse quinoa well in a
mesh strainer before that)
2-2¼ cups of water
1-2 tablespoons of
Organic Virgin Coconut
Oil (depending on desired
coconut aroma)
¼ teaspoon of Himalayan or
sea salt

Mix all the ingredients
together and cook in the rice
cooker as usual. As simple
as that.



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organic & unrefined & cold-pressed virgin coconut oil (vco)

~ a brain superfood



Coconut Oil is especially
rich in beneficial medium-
chain tryglycerides (MCTs)
or medium-chain fatty acids
(MCFAs). These MCTs in coconut
oil are more easily digested
than long-chain fatty acids
(LCTs) found in other oils and
fats. In fact, most vegetable
oils like soybean, canola, or
sunflower oil are all LCTs. LCTs
are harder to break down,
digest and are stored in the
body as fat, while MCTs (which
are easily broken down) are
used for energy rapidly by the
body instead of being stored
as fat.

The Process : Nature's
Superfoods Raw Virgin Coconut
Oils (both the regular and
culinary oil) are unrefined,
non-hydrogenated oils that are
made from carefully hand-
selected coconuts grown under
natural, organic conditions in
Thailand. They are cold pressed,
centrifuged from fresh coconut
milk and bottled on the same
day to prevent oxidation and to
guarantee freshness.

The entire production process is
100% organic with no chemicals
added, and with no high-heat
treatment.

Both the regular and culinary
Virgin Coconut Oils are exactly
the same in terms of nutrient
profile, carry the same healthy
fatty acids, and are stable at
high heat. The only difference
is Culinary VCO will not leave a
distinct coconut aroma/taste
in your food after cooking. Our
Culinary VCO is derived from
passing our original cold-
pressed VCO through inert clay
to minimize the coconut taste
and aroma.

health benefits

○ Excellent source of fuel for
the brain and body – may be
useful in degenerative brain
conditions according to some
studies done.

Besides glucose, there's another
source of fuel that can feed the
brain– ketone bodies. A good
source of ketone bodies are the
medium chain triglycerides (MCT)
found in VCO.

Medium chain triglycerides,
unlike long-chain triglycerides,
go directly to your liver, which
naturally converts these MCT
fats into ketones. These ketones
are then released into your
bloodstream and your brain
uses them as fuel. Ketones also
trigger the activation of special

proteins that function in brain cell maintenance, repair, and growth.

○ Boosts Metabolism – aids weight loss efforts, improves athletic performance

Due to the efficient way in which MCTs are rapidly metabolized and converted into fuel, they bring about an increase in energy in the body and stimulate metabolism (increased thermogenesis).

This is great for those who have increased energy needs, such as following major surgery, to enhance athletic performance, or to counteract the decreased energy production that results from aging.

A study published in the American Journal of Clinical Nutrition reported that medium-chain fatty acids (or MCTs) were three times more effective at raising metabolism than long-chain fatty acids. Researchers concluded that replacing long-chain fatty acids with medium-chain fatty acids was an effective method for weight loss.

○ Enhances Immunity – Antimicrobial, Antiviral, Antibacterial, Antifungal

VCO strengthens the immune system as it contains antimicrobial MCFAs - Lauric acid, Capric acid and Caprylic acid which have antifungal, antibacterial and antiviral properties. Lauric acid (also found in human breast milk), which is converted into

monolaurin in the human body, helps in destroying viruses and bacteria that are related to diseases such as herpes, influenza, cytomegalovirus, etc. Monolaurin is also effective on candida albicans (yeast overgrowth), and fungal infections like ringworm and athlete's foot.

VCO is suitable as an immunity-enhancer for all ages – babies, children, adults. It also helps the body to repair and heal faster.

○ Helps improve diabetes
VCO can aid diabetics by balancing blood sugar levels. MCTs improve insulin secretion and insulin sensitivity, thus aiding in the reversing of the underlying cause of diabetes.

○ Provides Heart-Healthy Fats
Contrary to what most people think of saturated fats, medium-chain triglycerides (MCTs) are good for the heart as they are readily used by the heart as fuel. Ketones, which are produced from MCTs, improve oxygen delivery and heart function.

○ Supports Thyroid Health
The medium chain fatty acids found in VCO stimulate

Nature's Superfood VCO contains between 50-55% of Lauric Acid, an antiviral and antibacterial MCFA also found in mother's milk.

metabolism, raise basal body temperatures, help in rebuilding cell membranes and increase the enzyme production that assists in promoting the conversion of thyroid hormones for use by the body. This can prove to be beneficial for those

with hypothyroidism (low thyroid function).

○ Excellent for detoxification - prevents constipation

○ Improves skin and hair conditions – through both oral consumption and topical application

Coconut oil can provide moisturizing benefits for the skin and is an excellent hair conditioner. VCO provides nutrition for all hair types- improves shine, softens hair, and remedies damaged hair by helping to preserve the hair's natural proteins. VCO is easily absorbed into the skin and helps to smooth out the appearance of wrinkles and it is also useful with skin conditions like psoriasis and dermatitis.

Do YOU KNOW?

Most vegetable cooking oils (high in polyunsaturated fats) like sunflower oil, corn oil, soybean oil, that we use in modern-day cooking are unstable at high heat, meaning they oxidize at high temperatures, producing toxic compounds. Virgin Coconut Oil is one of the few healthy cooking oils you can use as it is stable at high heat.

A study published in the "American Journal of Clinical Nutrition" featured the populations of two South Pacific islands where up to 60% of their caloric intake comes from the saturated fat of coconut oil. These two populations were examined in the 1960s before western foods were prevalent in the diets of either culture. The study found very healthy people who were relatively free from the modern diseases of western cultures, including obesity, diabetes and heart disease. The researchers' conclusion: "Vascular disease is uncommon in both populations and there is no evidence of the high saturated fat intake having a harmful effect in these populations."

the Big Misunderstanding about coconut oil

Due to its high saturated fat content (> 90%), Coconut Oil has been mistakenly labeled as unhealthy. However, not all saturated fats are created equal.



coconut illustration

The saturated fat in coconut oil is not the same as the saturated fat in other oils. It contains medium-chain tryglycerides (MCTs) which are much more easily metabolized by the body than the long chain fatty acids found in many other cooking oils.

Not just any coconut oil will do, however. Most early studies that found negative effects of coconut oil on cholesterol levels were actually done with hydrogenated coconut oil. In this hydrogenation process, some of the fatty acids are transformed into harmful trans fats. (Tip: Avoid ALL hydrogenated vegetable oils.)

how can I enjoy virgin coconut oil?

1. Consume it raw as an oral dietary supplement – 2-4 tablespoons a day, with/after food. Start with 1 tablespoon a day for a week. Do not consume coconut oil on an empty stomach or start with large amounts as it may produce bloating, gas or diarrhea.
2. Use it as healthy cooking oil. VCO is one of the few oils that is not damaged (not

easily oxidized) when heated to temperatures used in cooking, frying, and baking, unlike corn, soy, sunflower, canola, and safflower oils which undergo detrimental changes when heated at high temperatures. VCO is a very stable oil and does not go rancid easily even for years.

3. As an effective skin moisturizer and hair conditioner.

For hair: Apply coconut oil directly onto scalp, massage from roots to ends, leave on for at least 30 min or better still, overnight (with shower cap on), before shampooing and rinsing it off.

For skin: Apply thin layer of oil after shower. Several thin layers of oil are absorbed much better than one thick layer.

Recommended daily intake: As a guideline, Dr. Mary Enig, Ph.D suggests adults and growing children can benefit from an intake of 10-20 grams of lauric acid per day. Each tablespoon of VCO contains about 7g of lauric acid.