



## ***Health Benefits of Organic and Non-GMO Oil Blend***

### **Organic Virgin Coconut Oil**

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- Medium Chain Triglycerides (MCTs) boost metabolism by increasing fat oxidation and fat metabolism.
- MCTs in virgin coconut oil increase “good” high-density lipoprotein (HDL) cholesterol and promote cardiovascular health.
- Virgin coconut oil provides glycemic control by regulating insulin releases.
- Lauric acids in virgin coconut oil assist with stomach ulcers, lipid-coated viruses, and gram-positive organisms.

### **Non-GMO Flax Seed Oil**

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- Flaxseed oil contains the most concentrated amounts of Alpha-Linolenic Acid (Omega-3 Fatty Acids) found in the plant kingdom.
- Linoleic and particularly Alpha-Linolenic acids aid the body's absorption of vital nutrients and are required for human health. These two essential acids are also precursors to hormones that regulate smooth muscle contraction, blood pressure, and the growth of healthy cells.
- Concentrated amounts of Omega 3 present in flaxseed oil are associated with providing beneficial effects against some forms of cancer, arteriosclerosis, high cholesterol, diabetes type II, ADD, digestive disorders, boosting metabolism, arthritis, and more.

### **Organic Palm Fruit Oil**

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- Palm fruit oil is cholesterol and trans fat free.
- Palm fruit oil increases “good” high-density lipoprotein (HDL) cholesterol and promotes cardiovascular health.
- Palm fruit oil is rich in antioxidants, including beta-carotene, a precursor of Vitamin A, and tocopherols and tocotrienols, vitamin E components.
- No other major oil contains tocotrienols, which studies have shown reduces serum cholesterol, inhibits some cancers and prevents skin damage.

### **Non-GMO Canola Oil**

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- Canola oil promotes good health due to its high monounsaturated fat content and beneficial omega-3 fatty acid profile.
- Canola oil contains Essential Fatty Acids; Oleic (61%), Linoleic (21%) and Alpha-Linolenic (11%).
- Canola oil has well established heart health benefits and is recognized by many health professional organizations including the American Dietetics Association and American Heart Association.

### **Organic Soybean Oil**

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- Soybean oil is cholesterol free and trans fat free.
- Soybean oil is high in polyunsaturated fat (61%) and monounsaturated fat (24%). In both clinical trials and population studies, polyunsaturated fats in the diet have been shown to actively lower serum cholesterol levels.
- Soybean oil contains Essential Fatty Acids; Linoleic (50%) and Alpha-Linolenic (8%).