

Coconut Craze

Grown in tropical climates, coconut palm trees can be found in more than 80 countries.

Rich in protein, fiber, vitamins and minerals such as iron, phosphorus and zinc, coconuts are now being viewed as more than just a tropical delight.

Coconuts are also a source of good saturated fats, and are as high as 70 percent fat (90 percent of that is saturated fat). The “good” saturated fat in coconuts are medium-chain fatty acids

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that are easily digestible and quickly metabolized.

The fat in a coconut is almost all in the form of health-promoting, immune-boosting, medium-chained saturated fats. Approximately 50 percent of the fatty acids found in coconuts are lauric acid. When lauric acid is present in the body, it is converted to monolaurin, a monoglyceride compound that exhibits

antiviral, antimicrobial, antiprotozoal and antifungal properties. A natural germ fighter, lauric acid is naturally only found in breast milk.

Coconut oil is also rich in antioxidants that may help support a healthy immune system, metabolism, digestive health and brain function. Coconut products such as coconut water and coconut milk are increasingly becoming popular with consumers. Below are some coconut products that are available now.



Just a Shot

AgroLabs, Inc., (Hillside, NJ) recently added Coconut Water Recovery™ to its shot lineup. Coconut Water Recovery hydrates, replenishes and nourishes the body before or after exercise, and whenever the body feels tired. The 3-oz. shot is a conveniently sized product that can fit in a pocket, purse, desk drawer, locker, glove box or carry-on bag. The Coconut Water Recovery consists of ingredients such as:

young coconut water concentrate, potassium citrate, guarana seed extract, green tea extract, vitamins B6 and B12. This special formula combines all the benefits of coconut water and its essential electrolytes to create a metabolism-enhancing formula that assists consumers in working harder and recovering faster.

For more information, call (972) 471-2140 or visit www.agrolabs.com.

Cooking With Coconut Oil

Kelapo™ Virgin Coconut Oil from Beneficial Blends LLC (Tampa, FL) is great for cooking, baking and sautéing, and can be used in place of butter. Available in 8-oz. and 15-oz. containers, Kelapo Virgin Coconut Oil is 100 percent USDA certified organic. Used for centuries by the indigenous people of the South Pacific, the truth about coconut oil is now being discovered by the rest of the world. The unique flavors of Kelapo



Virgin Coconut Oil add an enhanced taste that complements savory to sweet and can turn any ordinary meal into a truly indulgent experience.

To learn more, contact Kelapo Coconut at (800) 230-5952 or visit www.kelapo.com.

Going Coconuts

Michele's Goji Berry Granola (Nesconset, NY) is gluten-, vegan- and soy-free and is mixed with superfruits, raw nuts, seeds and raw coconut. Made with Bob's Red Mill Gluten Free oats, Tibetan goji berries, organic cranberries and sweetened only with organic blue agave syrup, Michele's Goji Berry Granola includes raw, organic, unsweetened coconut. The Raw Mayan Forest Coconut Almond granola also includes raw, organic, unsweetened coconut chips. Michele's Goji Berry Granola is available in five flavors: Almond Cranberry, Blueberry Pumpkinseed (nut free), Banana Coconut, and Raw Mayan Forest Coconut Almond.

For more information, call (631) 482-4616 or e-mail gojiberrygranola@hotmail.com.



COCO Exposed

ALO Drink, a division of SPI West Port (San Francisco, CA), recently introduced COCO Exposed, a new coconut and aloe vera beverage line. COCO Exposed blends pure coconut water extracted from young, green coconuts with genuine aloe straight from the leaf (never reconstituted from powder), and uses only inner aloe pulp derived from the hand-filleting method and not from the “whole leaf” process in which the non-nutritious green outer skin is ground up along with the main pulp. Available in a 11.8-oz. bottle, the drink is all natural, gluten-free, low in sugar, low in calories and fat-free. COCO Exposed comes in five flavors: Passion Fruit and Pineapple, Mango and Mangosteen, Wheatgrass, Goji Berry and Lychee, and Peach and Kiwi.

For more information, call (800) 223-4438 or visit www.alodrink.com.

