



AVR AGRO

VIRGIN Coconut Oil

Coconut oil have been used for cooking and hair oil for hundreds of years in India. It is also known as ‘Mother of oil’ considering its properties and benefits.

At AVR agro, virgin coconut oil is produced in virgin press using freshly grated coconut meat dried at low temperature, not higher than 75°C. This process ensures to maintain all the natural constituents, aroma and antioxidants of the oil. This is one of the techniques being used for production of virgin coconut oil (modified DME method).

Virgin coconut oil differs from commercial coconut oil in the way it is processed. The latter is produced from copra whereas virgin coconut oil is extracted directly from fresh coconut meat without using any chemical process.

Nutrition Facts*

Energy 897.5
Per 100g Kcal

Total Fat 99.73
per serving

Fatty Acid Composition

Lauric	50.6	Stearic	2.1
Myristic	17.9	Caprylic	10.8
Palmitic	6.2	Capric	6.7
Oleic	4.5	Linoleic	0.81

Carbohydrates 0.0

Protein 0.0

*Approximate Values Based on Sample Test Result

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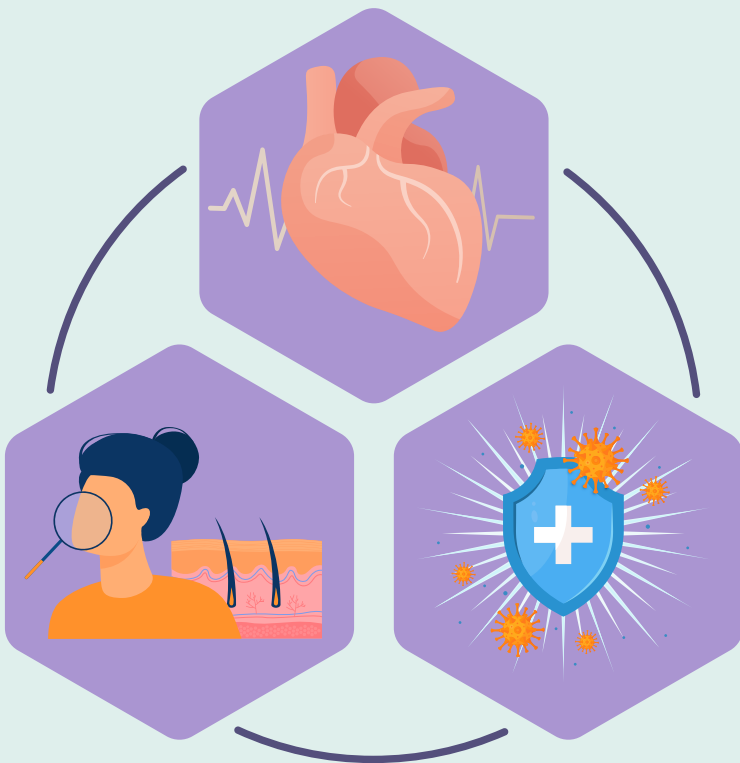
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Benefits

OF VIRGIN COCONUT OIL



- Clinical studies done at the New England Deaconess Hospital (NEDH), a Harvard medical school affiliate, show that coconut oil is neutral in its effects on blood lipids and will not cause an increase in cholesterol or cause cardiovascular disease (Norton et al., 2004). Coconut oil even increased the High Density Lipoprotein (HDL) or the so called “good cholesterol”, reducing the risk for coronary heart disease.

- Coconut oil is predominantly comprised of Medium chain fatty acids, which are readily metabolized in the body and converted to energy instantaneously. Hence Coconut oil is easily digestible compared to other oils.
- The saturated fats in coconut oil have antimicrobial properties. It is Rich source of Lauric Acid (around 50%). When lauric acid enters human body it gets converted to monolaurin, an immunity enhancing compound. Lauric acid possess powerful anti-microbial properties capable of destroying disease causing bacteria, fungi, viruses and parasites.
- According to Dr.Jon J Kabara, Ph.D of Michigan State University and Consultant, USA, medium chain fats in coconut oil are similar to fats in mother’s milk and have similar nutritional benefits
- Coconut oil aids faster absorption of calcium, also helps in absorption of vitamins, minerals and amino acids.
- It moisturizes the skin and that help to keep skin healthy and nourishes hair roots. Its antibacterial and anti-fungal properties help to keep away the skin and hair infections.

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