

Coconut Oil

Coconut oil is one of the best oils in the world. It is the natural oil derived from dried coconut meat (copra) that contains natural saturated fatty acids and medium-chain triglycerides. It may be used for cooking, alternative fuel source to run automobiles, and as a skin moisturizer.¹

Crude coconut oil is the raw material in the manufacture of cooking oil and specialty oil products such as shortening, baking fats and margarine. It is a major source of medium-chain triglycerides (MCT), a medical food for special dietary purposes and for intravenous feeding for severely injured persons.



Intermediate chemical derivatives are manufactured from this product, which are in turn used in the production of soap and detergents, cosmetics and toiletries, surfactants, foam-boosters, industrial cleaning agents, emulsifiers, lubricants, plasticizers, pharmaceuticals and explosives. Crude coconut oil is shipped in bulk.

Coconut oil is also used to spice up thousands of recipes. In tropical cultures, people cannot imagine recipes without coconut oil. It is easy on the digestive system and does not cause an insulin spike in the bloodstream. MCTs impart a number of health benefits, including improving metabolism and fighting off pathogens.²

Coconut oil can also be applied to the skin as a moisturizer even for neonatal health. This can also be used to treat eczema and psoriasis. It is also used in hair products to prevent hair damage. It is likewise a safe, natural and inexpensive material to improve oral health because it has antibacterial and anti-viral activity that can reduce plaque build-up and prevent tooth decay.

The coconut meat is dried through sun, kiln or smoke drying to produce copra. The copra will then be milled to produce oil. Crude oil will then be refined, bleached, and deodorized to make oil for cooking and other uses.



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The Philippines is the leading supplier of coconut oil in the global market, with export growth at 133%, from 2009 to 2013. In 2016, Philippine total exports of coconut oil were valued at US\$ 1,022 billion, with the US, Netherlands and Japan as its top markets. Philippine top leading known brands are Minola Oil, Baguio Oil, Spring, Golden Fiesta and Marca Leon.³

¹ Industry Profiles, DTI-Export Marketing Bureau, www.tradelinphilippines.dti.gov.ph. Accessed on 25 May 2020.

² Product Information, Philippine Coconut Authority, www.pca.gov.ph. Accessed on 25 May 2020.

³ Industry Profiles, DTI-Export Marketing Bureau, www.tradelinphilippines.dti.gov.ph. Accessed on 25 May 2020.