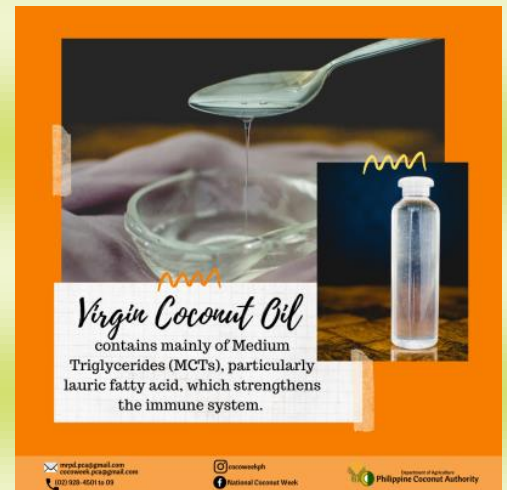


Virgin Coconut Oil

Virgin Coconut Oil (VCO) is an oil obtained from the fresh or mature kernel of coconut by mechanical or natural means, with or without the use of heat, without undergoing chemical refining, bleaching or deodorizing and which does not lead to the alteration of the nature of the oil. It is an oil which is suitable for consumption without the need for further processing.⁴

VCO can be used as a dietary supplement or tropical oil. It consists mainly of medium chain triglycerides which are resistant to peroxidation. The saturated fatty acids in virgin coconut oil are distinct from animal fats since the latter consists mainly of long chain saturated fatty acids.



The Philippine Department of Science and Technology has started the formulation of virgin coconut oil for testing as a cure for COVID-19 disease and it received approval to conduct clinical trials on patients infected with the new coronavirus. A group of patients will be given VCO as part of their daily diet to see if they would recover faster than those who don't drink the oil for 14 days.⁵



VCO's Health Benefits:

- ✓ Richest source of medium chain triglycerides
- ✓ Has anti-viral, anti-microbial, anti-protozoal and anti-fungal activity
- ✓ Has anti-cancer activity
- ✓ Cholesterol-free
- ✓ Chemical-free
- ✓ Additive-free
- ✓ Has low peroxide value which makes it less prone to rancidity
- ✓ Loaded with anti-oxidant properties which strengthens the immune system

Canada, Netherlands and the United States are the Philippines' major importing markets of virgin coconut oil. In 2016, total VCO exports were valued at US\$ 118.4 million. Philippine top five VCO brands are Prosource, Greenlife Coco, Coco Natura, Quezon's Best and Growrich.⁶

⁴ Product Information, Philippine Coconut Authority, www.pca.gov.ph. Accessed on 25 May 2020.

⁵ "Virgin coconut oil clinical trials for severe COVID-19 cases in PGH gets greenlight", Arianne Merez, ABS-CBN News, posted 3 June 2020. Accessed on 8 June 2020.

⁶ Industry Profiles, DTI-Export Marketing Bureau, www.tradelinephilippines.dti.gov.ph. Accessed on 25 May 2020.