



WITSENBURG

natural products b.v.

OMEGA & MORE

COCONUT OIL

Suitable for use at high temperatures – No trans fatty acids
Odourless and extra virgin – Certified organic



COCONUT OIL

Contrary to what the media often say about coconut oil, it is a very healthy oil. Actually, it is the only oil that is really suitable for use at high temperatures, such as occur in frying, baking and sautéing.

The fatty acids in coconut oil are mainly medium length chain fatty acids, with a few long chain fatty acids. That makes the oil flexible, so to speak, which is better for the body.

Other companies may be proud that their ‘baking- and sautéing oil’ contains only few harmful trans fatty acids, we are very proud to produce a coconut oil that doesn’t contain any trans fatty acids at all. Our coconut oil is available in two variants, Odourless and Extra Virgin (with a mild coconut odour).

Both versions are certified organic.

If you take a look at the baking products and shortenings on the supermarket shelves, many of you might easily lose courage. One practically requires an academic title in order to make a responsible choice. With all those different products, each acclaimed for their own particular merits such as “Good for heart en blood vessels”, “Contains less calories”, it’s practically impossible to know what is really healthy. Eventually, many people will chose the product they are familiar with, either from their parents’ home or because the product has figured prominently in a TV commercial.....

Fortunately, coconut oil draws more and more attention in recent times and you can make that choice.

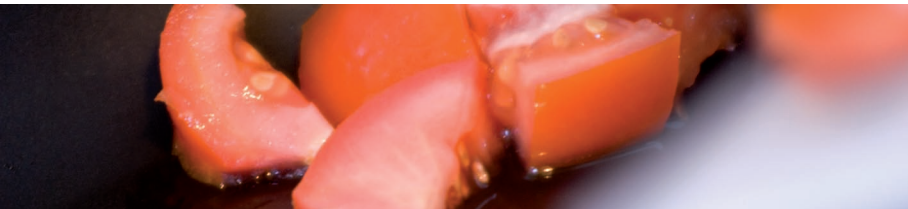


PROPERTIES

Those who think that coconut oil increases the risk for heart and blood vessel damage have fallen victim to the food industry's regrettable propaganda.

Coconut oil consists of lauric acid and capric acid for about 55%. Those acids have healthy properties, especially lauric acid, which is also present in mother's milk, and with good reason.

It's good to know that coconut oil contains even less calories per gram of fat than soy, cottonseed and maize oil, of which the latter is used in margarine. Due to natural properties, coconut oil may vary in colour.



COCONUT OIL ODOURLESS

This odourless organic coconut oil is made from dried fruit pulp, also called copra. As it has a neutral odour, it may be used for the preparation of various dishes without it being too prevalent.

The coconut odour is removed by treatment with steam.

This procedure is well in line with and officially approved for the production of organic foodstuffs. No chemicals whatsoever are used in the process.

EXTRA VIRGIN

We produce our extra virgin coconut oil autonomously on our plantation in Sri Lanka. That comprises: cultivating trees and fruit, the harvest, peeling the fruit, pressing the air-dried fruit pulp, filtering the oil and packaging. The entire process is in the hands of local employees, men as well as women. Some of the employees live on the plantation with their families. We provide the employees, as well as their families, with free medical care. Thus, by purchasing this product you also contribute to maintaining a fair and social personnel policy on this wonderful plantation, which of course complies with all the strict European demands with respect to hygiene and organic farming.

Both coconut oils are suitable for use at low and high temperatures. However, our advice would be to use the extra virgin coconut oil for 'cold' preparations, or to add the oil to the dish after it is prepared at high temperatures. In this way, all the nutrients present after preparing the food, such as vitamins, are kept intact. The stability of the oil and the presence of lauric acid remain the same for both versions of the oil.

HOW TO USE

Coconut oil may be used in various manners, here are a few examples:

Use it as a spread (on bread)

Very useful for those who don't like or aren't allowed butter.

Use a few teaspoons for sautéing

For searing meat, (vegetarian) burgers, fish, fried egg, potatoes, lovely pancakes and much more, use a few teaspoons of coconut oil.

Use it in wok dishes

For delicious vegetable stews.

Frying is possible as well

By frying in coconut oil you prepare healthy French fries, and most kids love them! If you take care to keep the fat clean you may use it several times without worrying about the quality.

As a wonderful massage oil

That doesn't require further explanation. Just try it.

Lovely as a bath oil

Just add one tablespoon to the hot bath water. Put on your bathrobe afterwards and just let your skin absorb the oil for smoothness. No expensive cream can beat that.



PACKAGING

Omega & More has two types of coconut oil: an odourless version and one carrying the flavour of fresh coconut (Extra Virgin). Both are available in small plastic containers of 500 ml and 2220 ml respectively. The extra virgin version is also available in glass pots of 1000 ml.



WOULD YOU LIKE TO KNOW MORE ABOUT THE HEALTHY USE OF OILS AND FATS?

Order the booklet: The healthy use of oils and fats.

The American scientist Mary G. Enig wrote the book 'Know Your Fats'. Based on international scientific research, she tells us about the relationship between fats and health in a very understandable style.

She wrote the book for the health-conscious consumer and for those professionally concerned about nutrition and health, such as doctors, therapists and dieticians.

Warmly recommended if you would like to expand your knowledge about nutrition and the influence of fats on your health.

OTHER PRODUCTS

Perfect Balance (savoury and with the highest omega-3 content)

Flaxseed oil with garlic and chilli (a culinary sensation)

MegaFlax (savoury nutritional supplement based on flaxseed)

The Missing Link (comparable to MegaFlax, but for animals)

Canadian Essence (a traditional melange of 8 spices)

By offering superior quality products, **witsenburg natural products** contributes to health and well-being of man and animal, in a manner that spares our environment as much as possible. That means, among other things, that we have decided on using organic ingredients and applying humane and environment-friendly production and packaging methods. **Witsenburg natural products** takes a personal approach to its customers and offers extra service because we would like to be more than just a link in the chain. With our problem-solving products we hope that our company is an inspiration to body and mind. For us, quality, efficacy and integrity are more important than quantity. That is what we commit ourselves to.



WITSENBURG
natural products b.v.

De Lasso Zuid 3a, NL - 2371 EV Roelofarendsveen
+31 71 33 146 31, www.witsenburg.net, info@witsenburg.net