

Natural Standard: News

August 2005

Copyright © 2005 Natural Standard (www.naturalstandard.com)

Palm Oil: A Useful Dietary Supplement

Red palm oil is the only oil that contains tocotrienols (antioxidants) and high amounts of vitamin A. Natural palm oil has 15 times more vitamin A than the equivalent amount of carrots and 300 times more than tomatoes. Palm oil has an almost equal split of saturated and unsaturated fats. The saturated fats include palmitic fatty acids, which have shown to have an effect on cholesterol levels. Palm oil is important in places where malnutrition is prevalent including many parts of Africa where vitamin A deficiency is a common characteristic among black children. The South African Medical Research Council began using palm oil in a school-feeding scheme in KwaZulu-Natal and saw improvements in the children's vitamin A levels.

For more information on palm oil, please visit Natural Standard's Herbs & Supplements database.

The information in this brief report is intended for informational purposes only, and is meant to help users better understand health concerns. This information should not be interpreted as specific medical advice. Users should consult with a qualified healthcare provider for specific questions regarding therapies, diagnosis and/or health conditions, prior to making therapeutic decisions. Copyright © 2005 Natural Standard Inc. Commercial distribution or reproduction prohibited.

News200508035