



# Palm Oil

*Certified Organic & Kosher Certified*

## **Palm Oil – The good fat**

Because of recent media attention to the obesity epidemic in the United States, fat has been vilified in many weight-loss programs as well as social and educational institutions. Fat that has been adulterated by processing or consumed in excess can be very harmful, but we must be careful not to throw the baby out with the bathwater. Fat is a very important nutrient for our bodies. It actually helps maintain healthy metabolism, supple skin and strong organs. The important decision is which type of oil you will consume. Virgin Palm oil has provided an excellent replacement of hydrogenated oil.

- Palm oil is extremely stable oil, and does not oxidize and go rancid quickly, as many vegetable oils do.
- Palm oil is a very healthy fat, and helps maintain healthy cholesterol levels.
- Palm oil provides the highest natural dietary source of Vitamin E and beta-carotene. It also contains CoQ10, tocotrienols, alpha-carotene, lycopene, and other very important nutrients!

## **Health Benefits of Palm Oil**

- Improves blood circulation
- Supports healthy heart functions
- Boosts immunity
- Improves blood sugar control
- Improves nutrient absorption
- Aids in prevention of malnutrition
- Supports healthy lung function
- Supports healthy liver function
- Helps strengthen bones and teeth
- Supports eye health
- Helps protect against mental deterioration

*Value statements courtesy of Bruce Fife's, "The Palm Oil Miracle"*

You may purchase Aloha Nu Extra Virgin Red Palm Oil on line at [www.SouthPacificTrading.com](http://www.SouthPacificTrading.com) or by calling 888-505-4439. (Price: \$19.95)

***Life is Short. Drink it In.***