



## Coconut Flour

**Gluten-Free Low-Carb alternative to wheat flour for baking and cooking.** Coconut Flour is made from fresh organic coconut meat. The meat is dried, defatted and finely ground into a powder very similar in consistency to wheat flour.

- Ideal for baking low-carbohydrate breads and baked goods. It has fewer digestible (net) carbohydrates than any other flour, including soy and most vegetables.
- Great source of protein. It has as much protein as wheat flour without the "gluten". Important for the growing percentage of the population that has developed an allergy to gluten or a wheat sensitivity.
- High in fiber. It contains 61% fiber which is the highest percentage of dietary fiber found in any flour (wheat bran is 27% fiber). Coconut flour contains 4 times as much fiber as soy flour.
- **Gluten-free** and **hypoallergenic**. Ideal for those who follow a low-carbohydrate eating plan. Works well for healthy dieting. High fiber content helps provide a feeling of satiety.
- Perfect for baking breads, cakes, pies, and other baked goods. Use 15-25% in place of other flours in most standard recipes. A variety of delicious baked goods can also be made using 100% coconut flour. For delicious recipes using 100% Coconut Flour, order Dr. Bruce Fife's new cookbook, **Cooking with Coconut Flour: A Delicious Low-Carbohydrate, Gluten-Free Alternative to Wheat.**

## Coconut Water

**Low-Carbohydrate The perfect balance of electrolytes and nutrition.**

- Naturally filtered for nine months through the dense fibers of the coconut creating a nutritious, pure and refreshing isotonic beverage.
- Contains five essential electrolytes, more potassium than a banana, no added sugars, no fat, no cholesterol and no preservatives.
- Contains 15x the potassium as most sports drinks. Superb alternative to sports drinks.
- So similar to the plasma in the human blood, it has been used intravenously to hydrate sick patients with great success.

## Coconut Fiber

- Coconut Fiber is made from fresh Certified Organic coconut meat and is an excellent source of healthy fiber. The meat is dried and finely ground. Gluten free and low-carb.
- Shipped direct from Mexico within days of being picked and processed.
- All natural, contains no sweeteners, preservatives or additives.

## Shredded Coconut

- Certified Organic and 100% natural. Gluten free and low-carb.
- No added sweeteners, sulfites or preservatives of any kind.
- Most shredded coconut sold in the United States contains sulfites in order to maintain the color during shipping. Many do not even indicate sulfites on their label. There are ZERO sulfites in our shredded coconut.
- Produced fresh daily and shipped days of when it was manufactured.
- The freshest shredded coconut on the market.