



RED COCO OIL

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WHAT IS RED COCO OIL



- Red Coco Oil (RCO) is essentially unrefined or virgin palm oil that is extracted without solvents or added heat.
- It is basically squeezing the oil from the palm fruit and filtering out non-oil particles.

WHAT IS RED COCO OIL

Indications of a heart attack include sweating, anxiety and chest pains



 ADAM.

- Unlike normal palm oil, it is not refined, bleached or deodorized.
- All palm oil are cooked at above 200 degrees celsius at high pressure thus destroying all the vitamins A, C, anti-oxidants and Coenzyme Q10.

NUTRIENT CONTENT OF RED COCO OIL

Content of Red Coco Oil per tablespoon (15ml)

Vitamin E	
Alpha-tocopherol	2.26 mg
Alpha-tocotrienol	2.97 mg
Gamma-tocotrienol	4.68 mg
Delta-tocotrienol	1.28 mg
Total tocotrienol	8.94 mg
Total mixed vitamin E	11.20 mg
Vitamin A and Carotenes	
Alpha-carotene	2.59 mg
Beta-carotene	3.32 mg
Other carotenes	1.09 mg
Total mixed carotenes	7.00 mg
Other	
CoQ10	600 mcg
Sterols	6 mg
Squalene	5 mg

VITAMIN E

8 members of the Vitamin E Family

Tocopherol	Tocotrienol
Alpha-tocopherol	Alpha-tocotrienol
Beta-tocopherol	Beta-tocotrienol
Gamma-tocopherol	Gamma-tocotrienol
Delta-tocopherol	Delta-tocotrienol

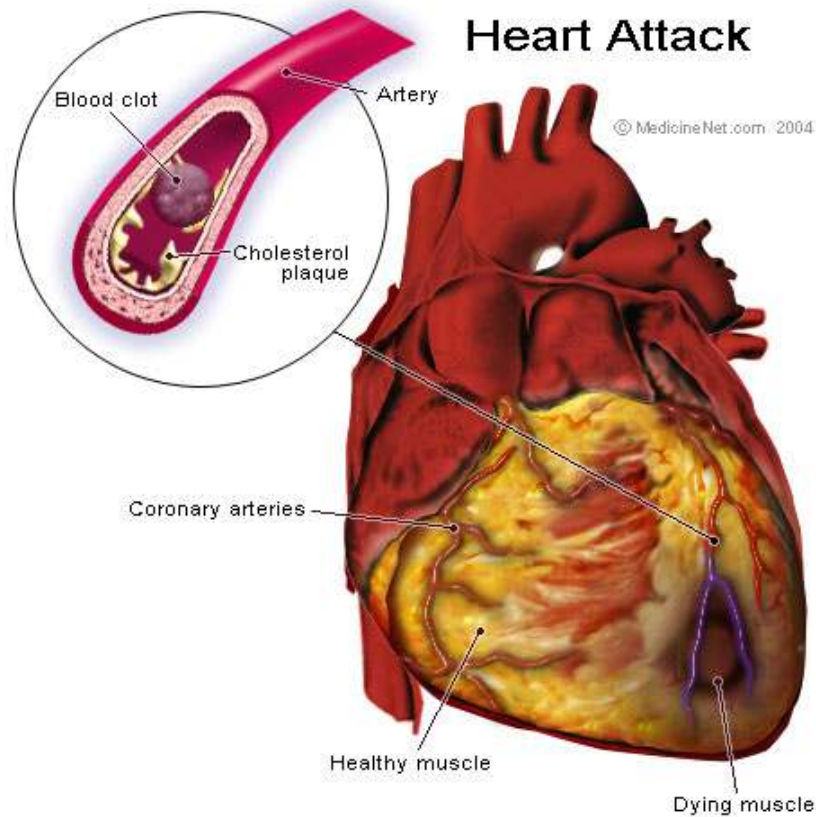
- Vitamin E consists of 2 subgroups called :-
 - Tocopherols
 - Tocotrienols
- Each subgroup contains 4 members – alpha, beta, gamma and delta.
- Recent research found that all these vitamin E works synergistically to produce good health.
- Together they provide greater benefits than any one of them alone.

VITAMIN E



- Red Coco oil has the richest source of tocophenols and tocotrienols, making it a powerhouse source of Vitamin E.
- Tocopherols, especially alpha tocopherol are recognized as potent anti-oxidants and protective against numerous health problems.
- Tocotrienols are reported to have 40 to 60 times the antioxidant ability of alpha-tocopherol.

Benefits of Vitamin E



- Tocotrienols can help our minds healthy by protecting the blood vessels going to the brain and maintaining proper circulation.
- Tocotrienols can help protect against heart disease by preventing excess blood clotting, protect against inflammation, lower cholesterol and reduce atherosclerosis (hardening of the arteries).
- Research also show that tocotrienols can protect against skin, breast, stomach and other cancers.

Benefits of Vitamin E



Normal bone



Close-up view



Bone with osteoporosis



Close-up view

- Tocotrienols appear to be necessary for normal bone growth and calcification.
- Tocotrienols assist the body in calcium absorption, utilization and deposition in bone.

Benefits of Vitamin E



- Vitamin E supplementation is found to be effective in easing pain associated with arthritis.
- Vitamin E delays or minimizes development of cataracts, a leading cause of impaired vision and blindness in elderly people.

Vitamin E content



Premature Aging

Varicose Veins

Acne

Red Coco oil contains 600 – 1000 mg/kg of mixed vitamin E.

- The vitamin E is broken into 25% tocopherols and 75% tocotrienols.



Woman with dry skin

Vitamin A



- Vitamin A is essential for good eyesight.
- Deficiency of vitamin A cause a decreased ability to see in dim light. This is caused by a decrease in photosensitive pigment in the retina of the eye which requires vitamin A.
- Severe deficiency of vitamin A can lead to blindness.

Benefits of Vitamin A



Fig. 4 Follicular hyperkeratosis resulting from vitamin A deficiency resembles "gooseflesh" but can be distinguished from it because the bumps do not disappear when the skin is rubbed. These lesions commonly appear on the lateral surface of the arm and extensor surface of the thigh.

- Vitamin A is essential for proper immune function. It is necessary to help fight off infections and protect against disease.
- A deficiency can weaken the immune system leading to frequent infections and increase vulnerability to cancer.

Benefits of Vitamin A

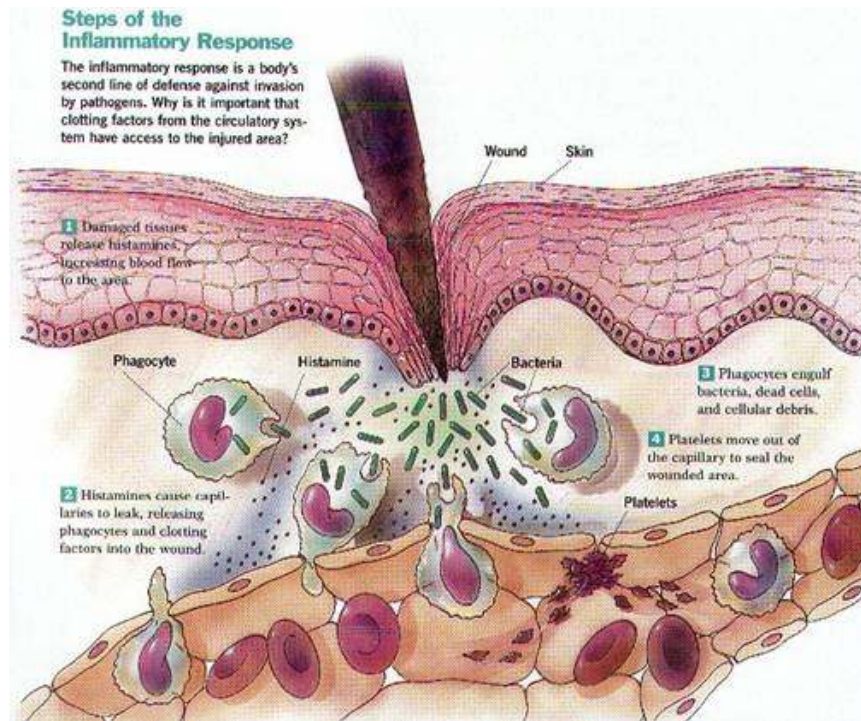


- Vitamin A acts as a protective antioxidant that helps to protect against lipid peroxidation which leads to cataracts and age related macular degeneration.



- Vitamin A is essential for normal bones and teeth in children.

Benefits of Vitamin A



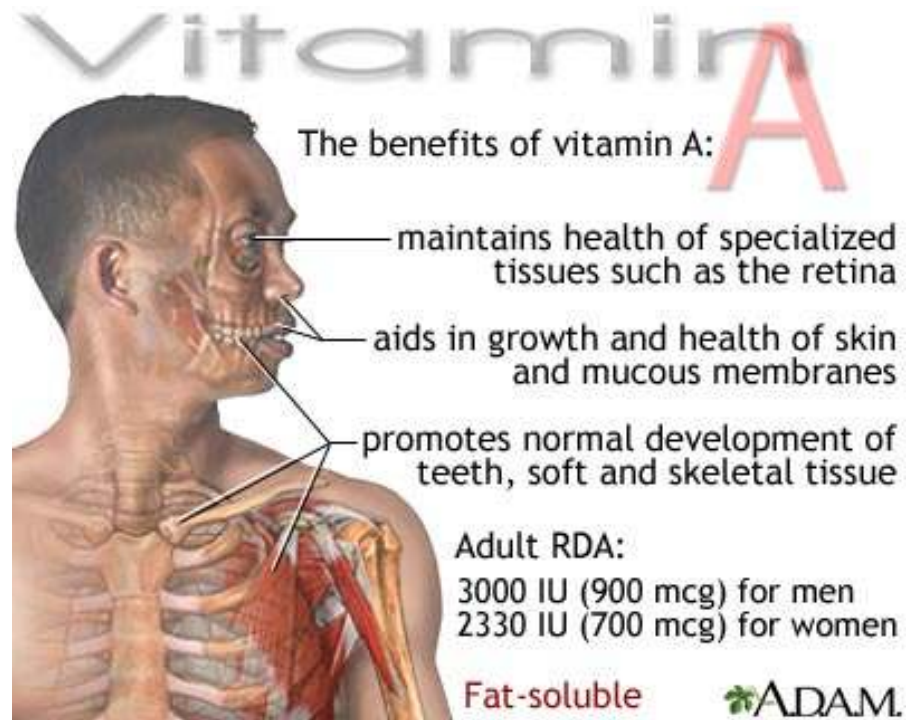
- Vitamin A is essential for proper growth and tissue repair. After an injury, vitamin A is needed to help repair damaged tissues and protect against infection.

Benefits of Vitamin A



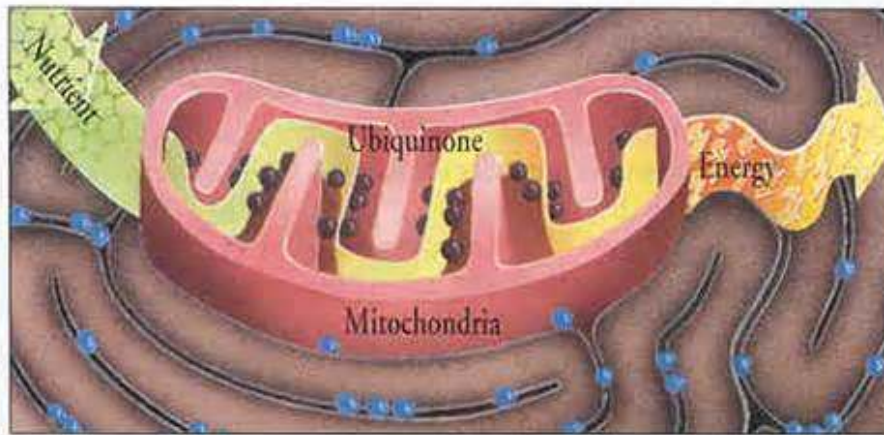
- Vitamin A is essential for healthy skin and mucous membranes.
- The vitamin aids in the growth and maintenance of cells and tissues in the skin and the mucous membrane linings of the nose, eyes, digestive tract, lungs and bladder.

Vitamin A content



- Red Coco oil has about 500 – 700 mg/kg of provitamin A carotenoids than is 15 times more than carrots and 300 times more than tomatoes.
- Alpha –carotene (37%) and beta – carotene (47%) constitute about 84% of the carotenoid content.

COENZYME Q10



- Coenzyme Q10 also known as ubiquinone, is a fat soluble vitamin-like substance present in every cell of the human body.
- There are ten types of CoQ however CoQ10 is the most important in the human body.
- CoQ10 is involved in the process of producing energy in the cells and is vital to health.

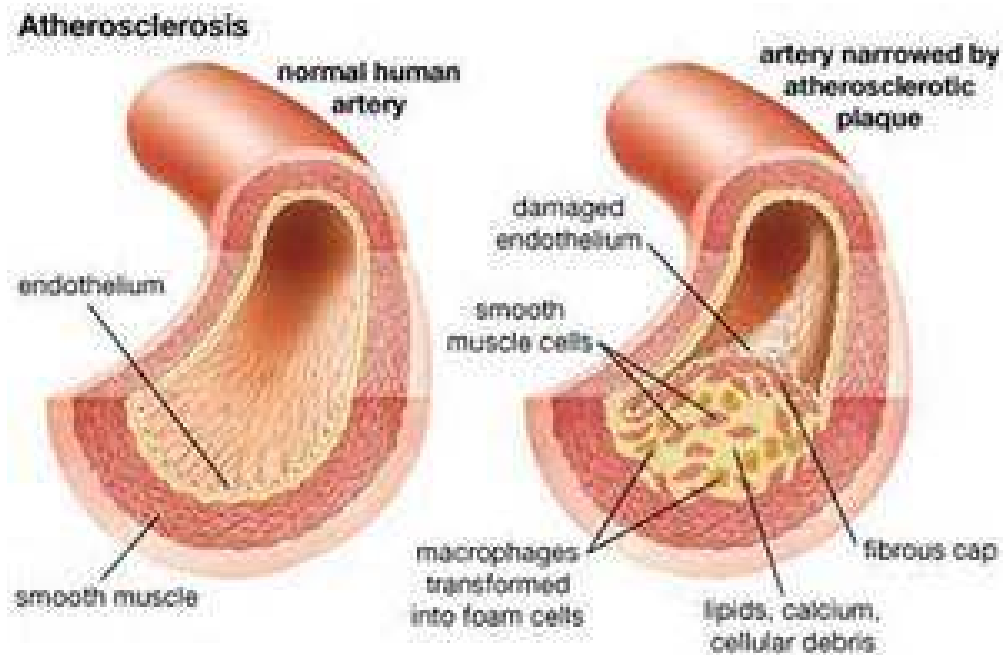
CoQ10 is essential for heart function



- CoQ10 is known to be highly concentrated in the heart muscle.
- The heart beats 100,000 times a day and 36 million times a year depends on CoQ10 for its energy needs.
- A deficiency of CoQ10 lead to heart failure.

CoQ10 and heart function

- CoQ10 has been shown to help heart function by enhancing the pumping action and electrical signaling as well as helping to lower blood pressure.



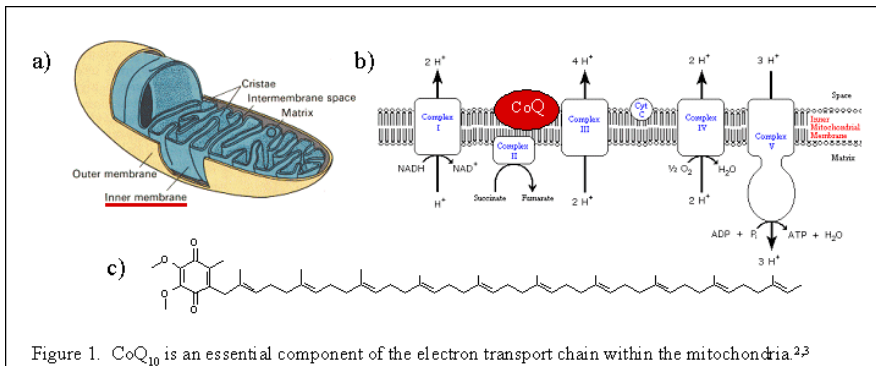
CoQ10 is a potent antioxidant that reduces oxidative damage to artery walls and inhibits the oxidation of LDL cholesterol, thus reducing the formation of arterial plaque.

Statin drugs block CoQ10

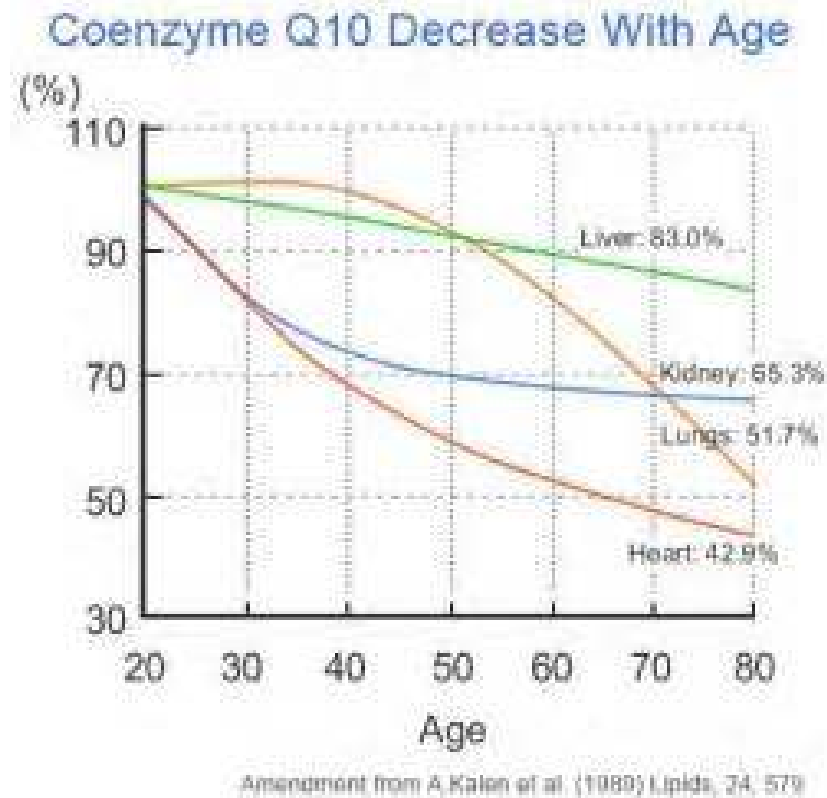
- Statin drugs used to lower blood pressure in heart disease patients block the biosynthesis of CoQ10.

- Statins (i.e. prevastatin, simvastatin, lovastatin, etc.) inhibit a key enzyme involved in the body's production of cholesterol.

- However, the same enzyme is also necessary for the production of CoQ10. So when statin drugs block the body's production of cholesterol, they also stop production of CoQ10.



CoQ10 enhance immune system



- CoQ10 helps to fight cancer by enhancing the efficiency of the immune system.
- When CoQ10 is given to HIV/AIDS patients, their white blood cell levels increase.

CoQ10 prevent periodontal diseases.



- CoQ10 helps reverse the symptoms of periodontal disease.
- Periodontal disease is characterized by inflammation, swelling, oversensitivity and bleeding of the gums.

SQUALENE



- Squalene is a naturally occurring lipid which is structurally similar to beta – carotene.
- It is found in both plants and animals.
- The highest animal source comes from shark liver oil while the plant source derive from red coco oil, olive, wheat germ and rice bran oil.

Benefits of squalene



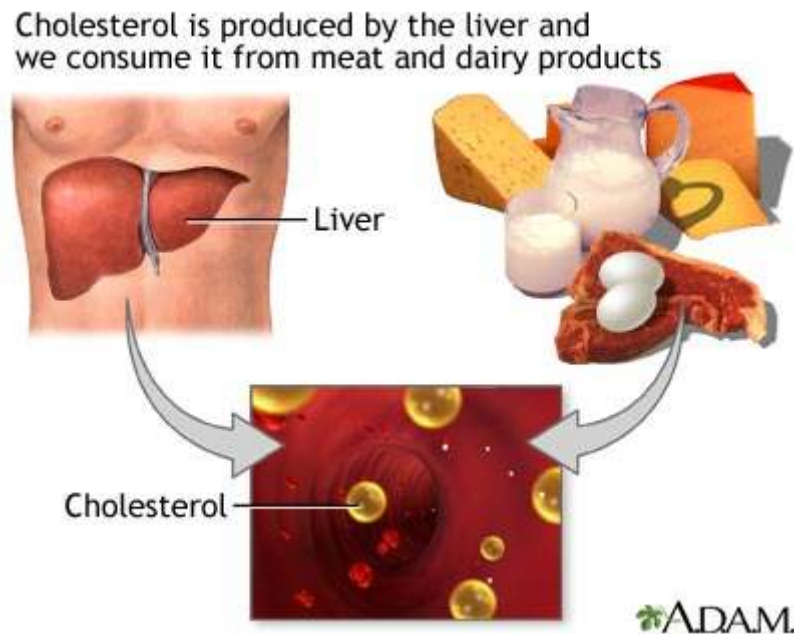
- Studies suggest that squalene may be useful in treating cancer, strengthening the immune system, regulating cholesterol and protecting against radiation and toxins.
- It is reported to improve appearance of the skin and hair, boost energy levels, improve circulation and provide relief from arthritic pain, gout and gastritis.

Squalene and skin



- The greatest concentration of squalene is in the skin where it is the major component of sebum – the oil on your skin.
- Our body can transform squalene into sterols which can then be used to make vitamin D and hormones such as estrogen, progesterone and testosterone.

Squalene increases HDL



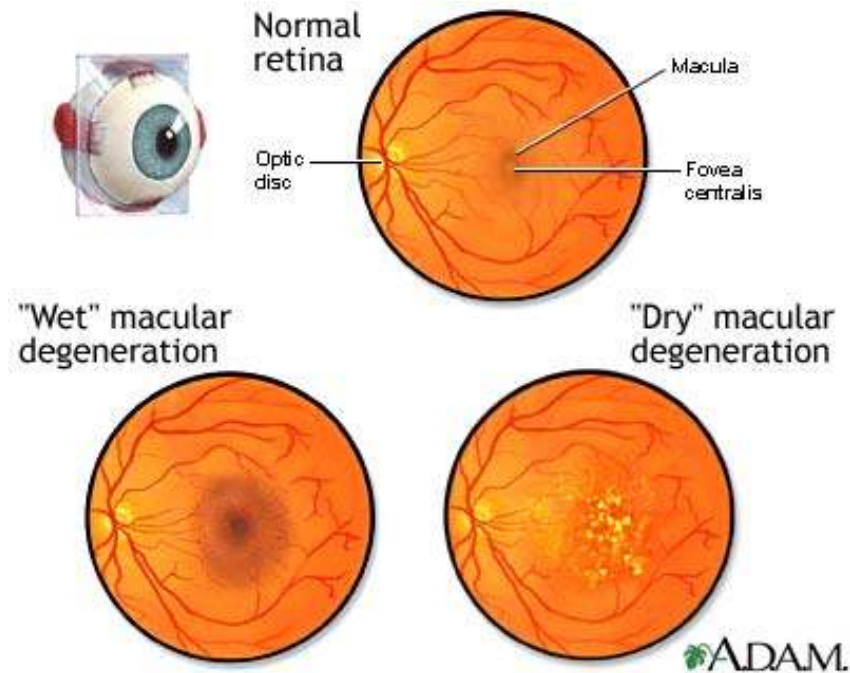
- Researchers found that squalene helps in the treatment of hypercholesterolemia (high blood cholesterol).
- Adding squalene to cholesterol-lowering drugs such as pravastatin reduced total and LDL cholesterol and increased HDL cholesterol.
- Squalene act as an anti-oxidant and prevent the oxidation of less stable fats in the body.

Squalene and skin



- When consumed, a large percentage of squalene finds its way to the skin where it makes up a significant proportion of our body's natural oil (sebum).
- About 12% of sebum consists of squalene.
- Squalene helps to moisturize and protect the skin and regulate surface environment.
- Squalene is a good moisturizer and protects against UV radiation from the sun. It blocks the ionizing radiation that damage the skin and cause skin cancer.

Squalene and eye health



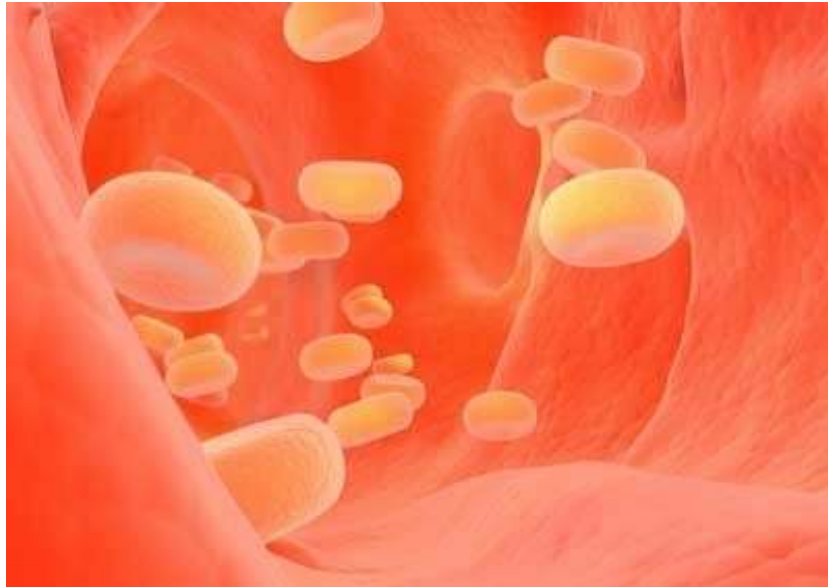
- Squalene is needed in the formation of photoreceptor cells in the retina.
- The presence of squalene in eye tissue suggests a possible protective role against oxidative related vision disorders such as macular degeneration.

Squalene and tumors



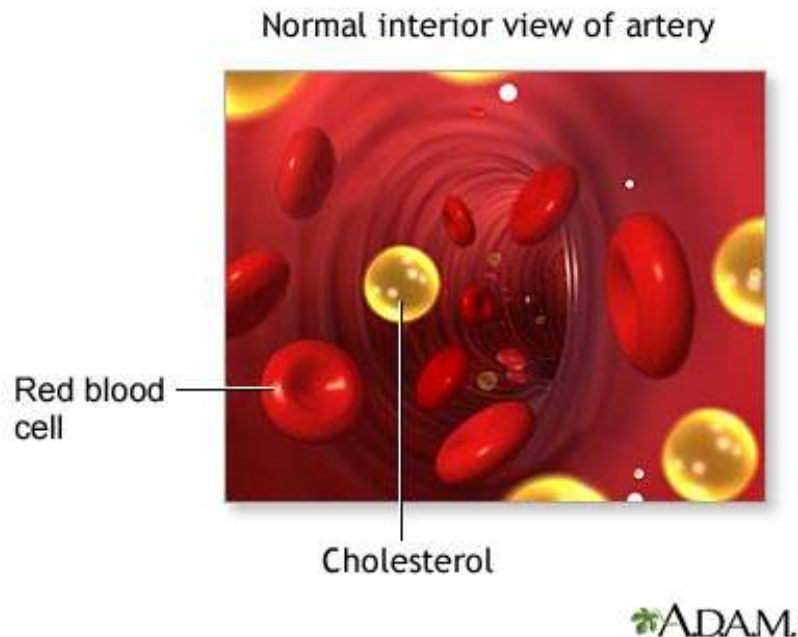
- Squalene act as an antidote to reduce toxicity of ingested drugs and poisons.
- Results of animal studies indicates squalene can suppress the growth of tumor cells and cause regression of already existing tumors.

Phytosterols



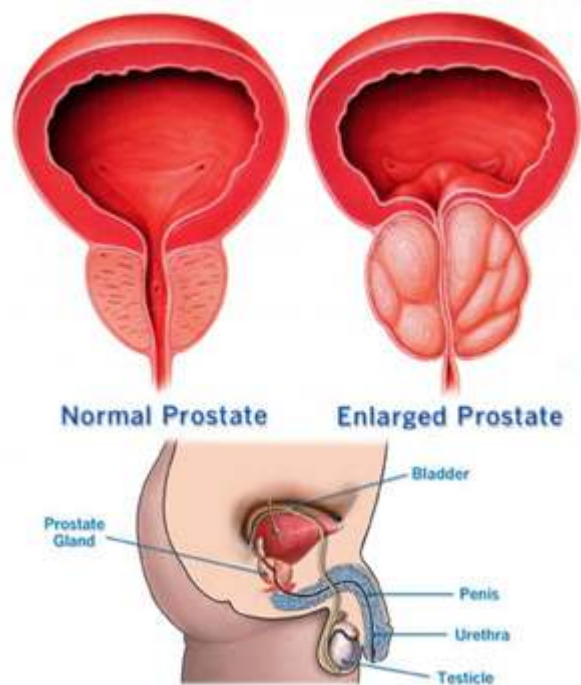
- Red Coco oil contains a variety of phytosterols, namely sitosterol, stigmasterol and campesterol.
- Red Coco oil has 350 to 650 parts per million of phytosterol.

Phytosterol lowers LDL



- Dr Farquhar of Stanford University found that LDL (the bad) cholesterol was reduced by 20% when 12 to 18 grams of phytosterol consumed each day.
- Phytosterol limit the absorption of cholesterol in the intestinal tract.
- Recent studies show that intakes of 2 to 3 grams of phytosterol a day result in cholesterol reduction of 10 to 15%.

Phytosterol and prostate



- Phytosterol have shown promise in the treatment of benign prostatic hyperplasia (enlarged prostate).
- Phytosterols have been use in Europe for many years to treat benign prostatic hyperplasia or BPH.
- A number of studies show reduction of symptoms and increased urine flow after treatment with phytosterol

Red Coco oil as a dietary supplement



- Red Coco oil can be used as a dietary supplement to provide a natural source of :
 - Mixed vitamin E
 - Mixed carotenoids
 - CoQ10
 - Squalene
 - Phytosterol

Recommended dosage



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- One tablespoon (15 ml) of red coco oil provides equivalent of the adult RDA of vitamin E and vitamin A.
- For preschool aged children. 1 teaspoon (5 ml) satisfies the US RDA for these vitamins.
- For children ages 6 – 12, take 2 teaspoons.

THANK YOU