

ALTERNI VCO

Premium
Virgin
Coconut Oil

The quality, clearness, delightful peculiar coconut taste and delicate flavour of fresh coconuts guarantee maximum health benefits.

The purest virgin coconut oil is extracted from the kernel of mature fresh Kerala coconut (*Cocos nucifera*) using the state-of-the-art cold process technology that does not involve heating or fermentation.

This virgin coconut oil is free from trans-fatty acids and high in medium-chain triglycerides (MCT) known as Lauric acid which is identical to the special group of fats found in Vitamin E.

Benefits of VCO

Health

- Stimulates body metabolism.
- Prevents bacterial, viral and fungal infections.
- Controls blood sugar level and prevents diabetes.
- Relieves indigestion.
- Improves menstruation consideration regarding pain / cramps and heavy blood flow.
- Serves as energy booster.
- Improves immune system.

Skin / Beauty

- Preserve body's anti-oxidant reserves to keep skin soft and smooth.
- Relieves skin problems such as psoriasis, dermatitis, eczema, hot flashes and dry skin.
- Helps in healing of scrapes and cuts.
- May be used as body moisturiser, eye cream, hair conditioner, make up remover, massage oil, etc.

Cooking

- Use 1 cup to 1 cup ratio when replacing other oils / butter in recipes with coconut oil.
- Replacement for butter / lard / Crisco / PAM in its solid form.
- Replacement for various oils in liquid form – baking, cooking, sautéing, etc.

Recommended Serving Size

Health Maintenance	Take 2 - 3 tablespoons daily
Cooking	1 - 2 tablespoons
Beauty	Apply topically

For more information or to place your order, please call our Customer Care Centre at

03-7965 2888

Visit us at:

Lot G-15, Amcorp Mall,
No.18 Persiaran Barat,
off Jalan Timur, 46050 Petaling Jaya,
Selangor Darul Ehsan, Malaysia.

Tel: 03-7955 3666

www.alterni.com

ALTERNI

VCO

Premium Virgin Coconut Oil

100% Pure and Natural



- Cholesterol free
- Preservatives free
- Rich in medium-chain triglycerides (MCT)
- Non-hydrogenated
- Non-RBD oil
(refined, bleached, deodorised)
- Free of chemicals or food additives
- Free of artificial flavours and colours