

# COCONUT OIL

## 椰子油

You may have heard all about this before, and coconut oil might even be one of your staple foods or staple beauty products because of all its benefits. But how much do you really know about coconut oil?

Did you know that there are multiple types or grades of coconut oil? It is so important to choose the right type of coconut oil to ensure that you are reaping all the benefits that you have read about coconut oil.

您应该都听说过椰子油的各种好处，或许它已是您的主要食材或美容产品之一。但实际上您对椰子油又了解多少呢？

您知道吗？椰子油具有多种类型或分为几个等级。选择正确的椰子油非常重要，因为这才能确保您能从椰子油中获得所有它的健康效益。

## ATTRIBUTES OF COCONUT OIL

### Produced from Fresh Coconut Meat VS Copra

Virgin Coconut Oil is produced from the fresh meat of the coconut. To obtain the oil, this meat is "wet milled" by having the coconut meat immediately pressed into coconut milk, and then the oil is separated out of that milk.

On the contrary, refined coconut oil is produced from the copra of the coconut. The copra is kernel of the coconut that has been removed from the shell and dried or smoked and saved for longer periods of time for future use.

The difference between the fresh coconut meat and copra meat is that the fresh coconut meat is more expensive and has to be freshly preserved to be expeller pressed soon after; whereas the copra meat is a lower-quality commodity.

### Refined VS Unrefined

Once produced, coconut oil can either be refined or remain in its original unrefined state.

Unrefined coconut oil maintains much of the coconut's natural nutritional value - including polyphenols and antioxidants, which are important for your health. Polyphenols and antioxidants are important to neutralize harmful free radicals that would otherwise damage your cells and increase your risk of conditions like cancer, diabetes, and heart disease. Polyphenols are also thought to reduce inflammation, which is thought to be the root cause of many chronic illnesses. Unrefined coconut oil, popularly known as extra virgin coconut oil or virgin coconut oil, usually have an off-white tint because it is in a completely natural state.

Refined coconut oil, on the other hand, goes through a processing system of high heat that uses hot steam and filtering. This process makes the oil more consistent, and also filters out solid particles of coconut. Refined coconut oil is bright white, and when it is in its solid state, it is consistent throughout and without the coconut particles commonly found in unrefined coconut oil.

## 椰子油的特性

### 新鲜椰肉与干椰肉制成的椰子油

初榨椰子油是从新鲜椰肉中提取的。一般上获取椰子油的过程中都会先将椰肉挖取出来，经过湿磨、压榨滤出椰奶后，再从椰奶中分离出椰子油。

相反地，精制椰子油是从干椰肉提炼而成。干椰肉是从椰壳里取出来的干肉，经过风干或熏制，可保存较长时间以备将来使用。

新鲜椰肉和干椰肉的区别在于，新鲜椰肉的价格较昂贵，而且必须是新鲜保存，之后再经过压榨过程，而干椰肉的品质则相对较低。

### 精炼与未精炼椰子油

椰子油一旦提取出来，既可经过加工处理成精制椰子油或保持其原始未精炼形态。

未精炼的椰子油保存了椰子油大部分的天然营养价值 - 包括对健康有益的多酚和抗氧化剂。多酚和抗氧化剂对于中和有害的自由基很重要，否则自由基将会损害身体细胞，增加患癌、糖尿病和心脏病的风险。炎症被认为是许多慢性疾病的根源，而多酚在减轻炎症中扮演了重要角色。未精炼的椰子油，通常被称为特级初榨椰子油或初榨椰子油，由于处在完全天然的形态，有时颜色可能呈米白色。

相反的，精炼椰子油则经过应用热蒸汽和过滤的高温处理过程进行加工。此过程使椰子油性质更一致，也同时过滤掉椰子的固体颗粒。精炼椰子油呈亮白色，当它处在固体状态时，它的性质仍保持不变，也不带未精炼椰子油中常见的颗粒物。



### Expeller Pressed VS Solvent Expelled

Virgin coconut oil is expeller pressed, and often cold-pressed. The oil is extracted from fresh, mature coconut meat using an expeller press which physically squeezes the oil out. If it does not use a traditional expeller press method, it will use a comparable centrifugal method which spins the oil out or a natural method called "settling". These are the few cold-pressed methods that do not use any heat and nothing is added to make the oil - the oil is merely physically pressed out.

In contrast, most refined coconut oil made from the coconut copra are solvent expelled. This means that a solvent - such as hexane - is used to release the oil from the coconut copra. To remove that solvent from the oil, it goes through a heating process where the solvent is distilled off, theoretically leaving virtually no detectable levels in the coconut oil. Then, the coconut oil is refined. However, microscopic portions of up to 25 parts per million (25 ppm) of hexane might remain in the coconut oil.

Solvent expelling usually gets a higher percentage of the oil out of the coconut compared to expeller pressing, which is why refined coconut oil usually costs less than unrefined coconut oil.

We are glad to let you know that **NewLife™ Extra Virgin Coconut Oil** is produced from certified organic, fresh coconut meat from the Philippines, unrefined, and expeller pressed (specifically, cold-pressed) to preserve nutritional quality and antioxidant content. We use only the best extraction and processing methods to ensure that you get all the health benefits of coconut oil that we know and love.

Enjoy better health by choosing the right type of coconut oil for you and your family!

### 压榨机榨取与溶剂榨取

初榨椰子油是经过压榨机榨取的，一般都是经冷榨过程。初榨椰子油是新鲜、成熟的椰肉经过压榨机压榨、提取而成。如果不使用传统的压榨方法，也可使用类似离心方法，将椰子油旋转脱离出来或以天然的“沉淀”方法。这是几种不经过高温处理，也不添加任何物质来生产椰子油的冷榨方法——椰子油只经自然压榨而取的。

相比之下，大多数用干椰肉制成的精炼椰子油是使用溶剂榨取的。比如正己烷就是一般被用来释放干椰肉中的油脂。之后为了从椰子油中去除这种溶剂，椰子油必需经过一个加热过程，让溶剂完全被蒸馏出来，然后再提炼椰子油。不过，正己烷可能仍微量（可高达百万分之25）存在于椰子油中。

此外，与压榨法相比，溶剂榨取法通常能从椰子中获取更高比例的椰子油，这就是为什么精炼椰子油通常比未精炼的椰子油来的更便宜。

**新生命特级初榨纯鲜椰子油**是由来自菲律宾经过认证的有机新鲜椰肉制成的，未经精炼，并经过冷榨压榨法提取以保存椰子油的营养品质和抗氧化成分。我们只使用最好的提取和处理方法，以确保您能从椰子油中获得其所有的天然健康效益。

为您自己和亲爱的家人选择正确的椰子油，享有更好的健康生活吧！



### NewLife™ Guarantees You Pure, Unadulterated, Organic Extra Virgin Coconut Oil.

Cold-pressed and naturally processed, under strict hygienic conditions set by international standards (ISO 22000 & ISO 9000), from freshly harvested organic, mature coconuts.

Not bleached, deodorized, or refined.

No chemical preservatives or additives.

### 新生命保证您最纯净、最优质的有机特级初榨纯鲜椰子油。

仅采用新鲜摘采的有机成熟椰子，按照国际标准（ISO 22000和ISO 9000）严格的卫生条件，以冷榨和天然处理方式提炼。

未经脱色、去味、精炼。

无化学防腐剂和添加剂。

