

# **Palm Oil: More Than Just Cooking Oil!**

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# SCOPE

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## Palm oil: More than just cooking oil !



Unlike other cooking oils, palm oil offers an abundance of fat-soluble vitamins, antioxidants and anti-inflammatory compounds that boost our health. They help the body to remove free radicals that cause heart disease, premature aging, Alzheimer's Disease and many metabolic diseases. Keep reading to find out what these healthy compounds are.

### VITAMIN E



The common vitamin E is tocopherol but there is another type of vitamin E that is more potent. It is tocotrienol and palm oil is one of the few sources for this vitamin E. Tocotrienol reduces cholesterol and is good for a healthy heart.

### CAROTENOIDS

Palm oil is rich in provitamin A carotenoid that is a source of vitamin A. Carotene from palm oil is commonly used as a natural food colourant. Carotenoids are great for vision health and help boost the immune system.



### FUN FACT

Red palm oil is rich with provitamin A carotenoids compared to regular palm oil.

Red palm oil contains 15 times more provitamin A than carrots, 300 times more than tomatoes, and 44 times more than leafy vegetables.

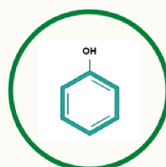
This makes red palm oil perfect for vegetarians who do not eat eggs, liver and fish.

### FUN FACT

Polyphenols from oil palm are stronger antioxidants than resveratrol, an antioxidant found in grapes and dark chocolate!

### PHENOLICS

Oil palm fruit is packed with water-soluble phenolic compounds similar to all fruits. Oil Palm Phenolics (OPP) has higher quantities of antioxidants compared to some fruits and tea. These OPPs have potent protective effects against chronic diseases such as cardiovascular disease, diabetes and cancer, based on studies with animal models.



Palm oil is enriched with phytonutrients which have great nutraceutical potential. Squalene can be an anticancer agent and is also widely used in skincare industries as a moisturizer due to its moisturizing effects. This is the perfect ingredient for those with extra dry or mature skin.

### NUTRACEUTICALS

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