



VIRGIN COCONUT OIL 101 Fresh Centrifuged VS. Cold-Pressed

What works for you?

COLD PRESSED VCO

Most Common VCO Produced

Almost all VCO products use Cold-Pressed because it is the easiest and cheapest way to produce Virgin Coconut Oil.

Marketing the strong flavor

Years ago, marketers had to figure out how to introduce the strong taste of VCO. The solution? They marketed the strong taste as the real taste of coconut oil.

This flavor does NOT exist in fresh mature coconut fruit. It is a by-product of the heating/drying process used to extract the oil from the nut.

Process removes some nutrients

Cold Press techniques uses heating and drying processes to extract the oil. These processes does not have the ability to preserve the nature nature of a coconut oil.



When do you buy this?

Fits your budget

This is the most affordable VCO available because it's very easy to produce.

Prefer the Strong Flavor

Some people have grown accustomed to the taste of cold-pressed VCO even if it is not the original taste of coconut oil.



When do you not buy this?

If you prefer pure VCO.

Cold Pressed VCO may be slightly cheaper but you lose certain nutrients during the extraction process. It may not be worth the extra money you save.

CENTRIFUGED VCO

Highest Quality of VCO

Centrifuged VCO is acknowledged as the best way to extract oil from coconuts because it preserves the TRUE NATURE of the coconut oil that exists in fresh mature coconut fruit.

Hard to produce; Hard to find.

Most companies do not want to produce centrifuged VCO because it costs time and money. If you do find one, buy it! It's the best form of VCO around.

Original Coconut Flavor

The centrifugation process helps retain the REAL TASTE AND NATURE of coconut oil. This process does not have any by-products.



When do you buy this?

Original taste of Coconut Oil

The original taste of coconut oil is a light and mild flavor.

Cooking

Centrifuged VCO will not overpower your dishes because of its mild taste.

Easy to drink

Its mild taste and aroma allows most people to drink it right off the spoon.



When do you not buy this?

Prefer the strong taste of Cold-Pressed VCO

Found the oil for you?

Contact agnutriceutical@yahoo.com to find the best sources of Virgin Coconut Oil.