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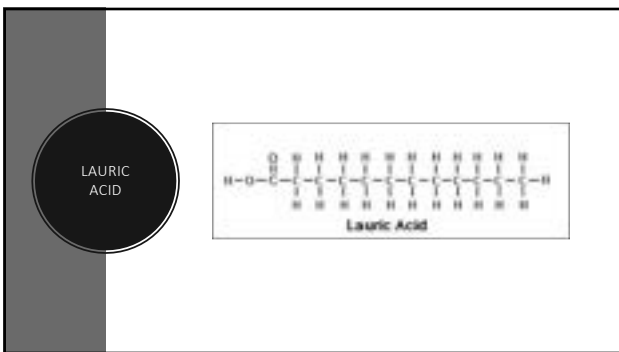
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Calories	354	660
Protein	3 grams	7 grams
Carbs	7% grams	24 grams
Fiber	9 grams	16 grams
Fat	31.5 grams	64.5 grams
Manganese	89% of the Daily Value (DV)	99% of the DV
Copper	46% of the DV	89% of the DV
Selenium	9% of the DV	34% of the DV
Magnesium	8% of the DV	2% of the DV
Phosphorus	9% of the DV	17% of the DV
Iron	14% of the DV	9% of the DV
Potassium	8% of the DV	12% of the DV

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Antibacterial and immunomodulator activities of virgin coconut oil (VCO) against *Staphylococcus aureus*

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Abstract

Antibacterial and immunomodulator activities of virgin coconut oil (VCO) against *Staphylococcus aureus* were studied. The antibacterial activity of VCO was evaluated against *S. aureus* by agar diffusion assay. The immunomodulator activity of VCO was evaluated by measuring the levels of immunoglobulin G (IgG) and immunoglobulin M (IgM) in the serum of mice. The results showed that VCO has antibacterial and immunomodulator activities against *S. aureus*. The antibacterial activity of VCO was evaluated by agar diffusion assay. The immunomodulator activity of VCO was evaluated by measuring the levels of immunoglobulin G (IgG) and immunoglobulin M (IgM) in the serum of mice. The results showed that VCO has antibacterial and immunomodulator activities against *S. aureus*.

Keywords: Antibacterial, immunomodulator, *Staphylococcus aureus*, virgin coconut oil.

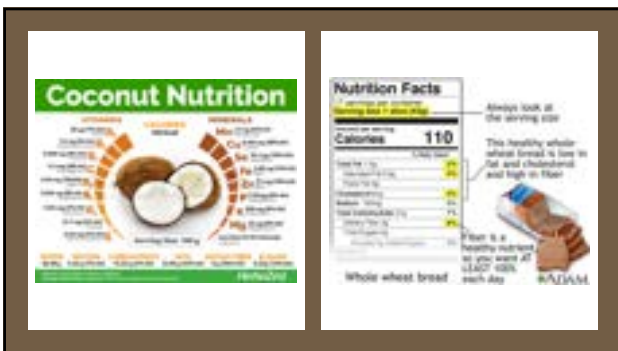
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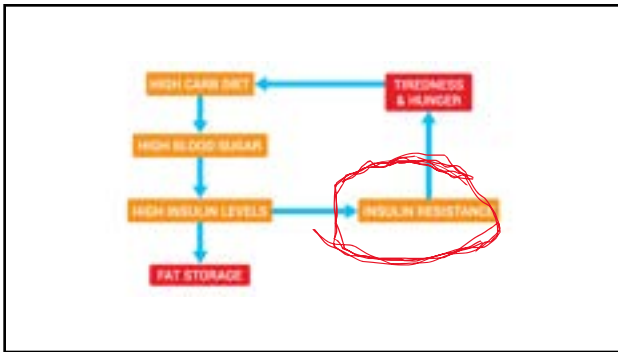
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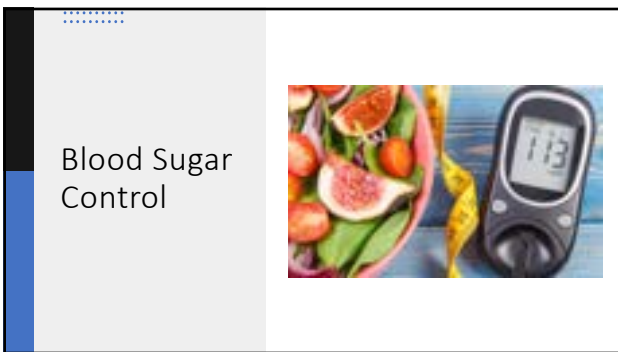
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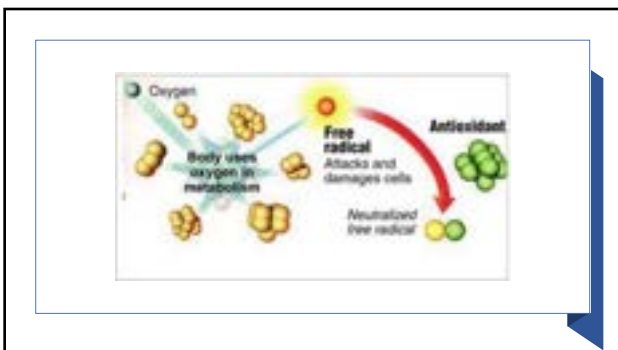


21

Coconut contains powerful antioxidants

- gallic acid
- caffeic acid
- salicylic acid
- p-coumaric acid

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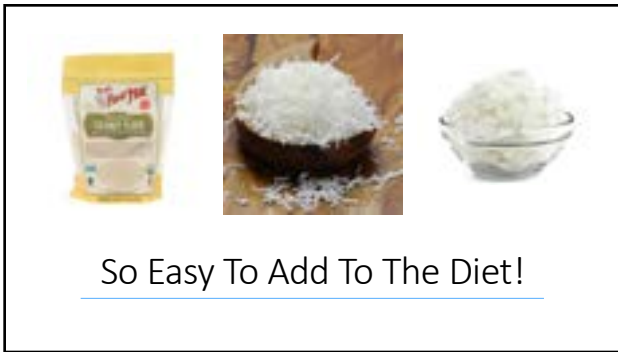


23

Phenolic Compounds, Antioxidant Activity, and Medium Chain Fatty Acids Profiles of Coconut Water and Meat at Different Maturity Stages

Abstract
Coconut is grown in tropical and subtropical areas worldwide. The endosperm (water and meat) is consumed and processed in different forms. This study investigated the antioxidant

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COMMON COOKING FATS RANKED						
	COCONUT OIL	TRIMMED LARD	BUTTER	LAND	OLIVE OIL	PEANUT OIL
	VEGETABLE SHORTENING	CORN OIL	SOYBEAN OIL	SUNFLOWER OIL		
	SAFETY	SAFETY	SAFETY	SAFETY	SAFETY	SAFETY
HEALTHY	1	2	3	4	5	6
UNHEALTHY	7	8	9	10	11	12

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3 SECRETS

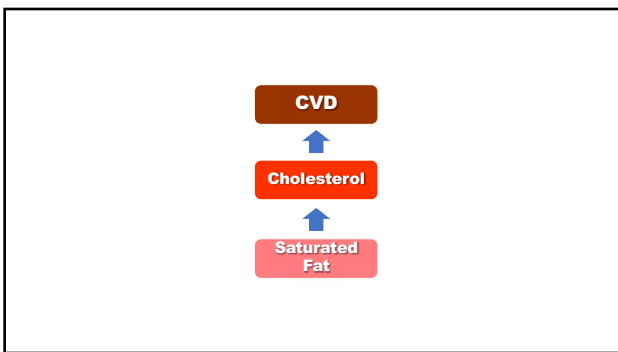
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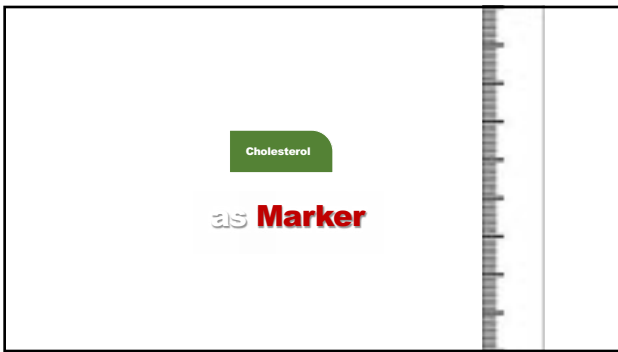
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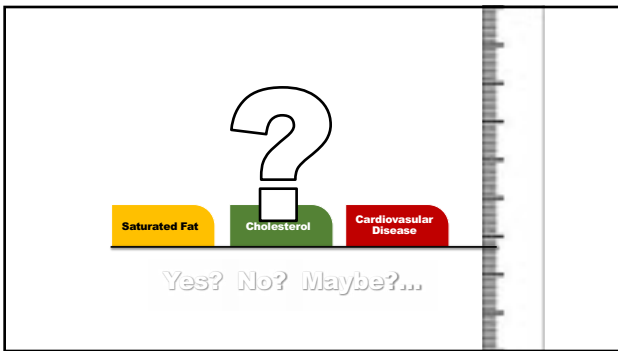
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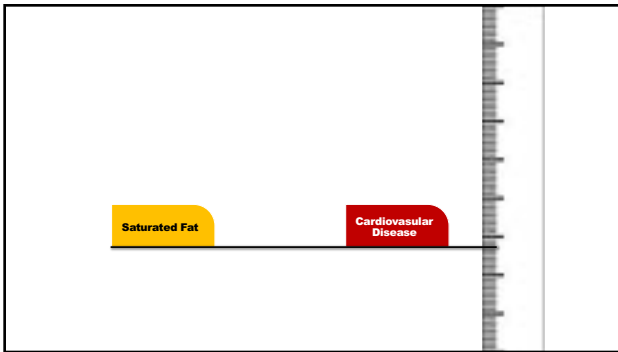
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• ...there is **NO SIGNIFICANT EVIDENCE** for concluding that dietary saturated fat is associated with an increased risk of CHD or CVD*



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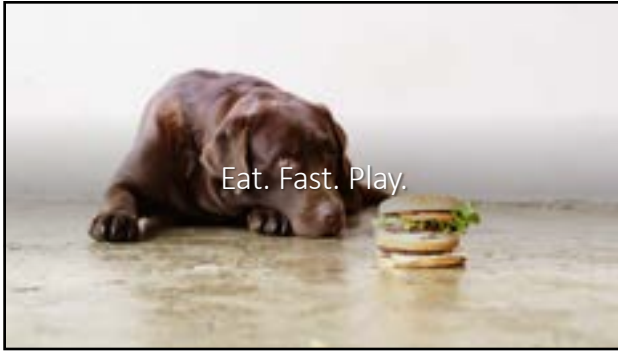
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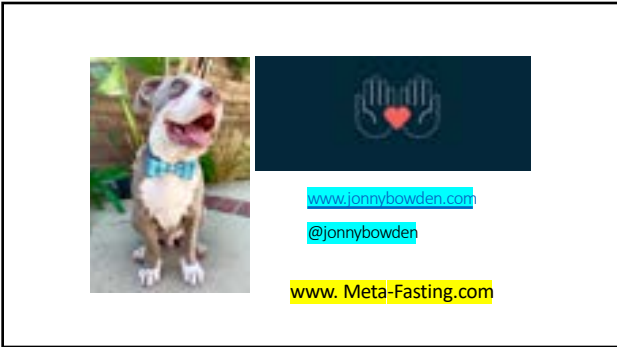
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52



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