

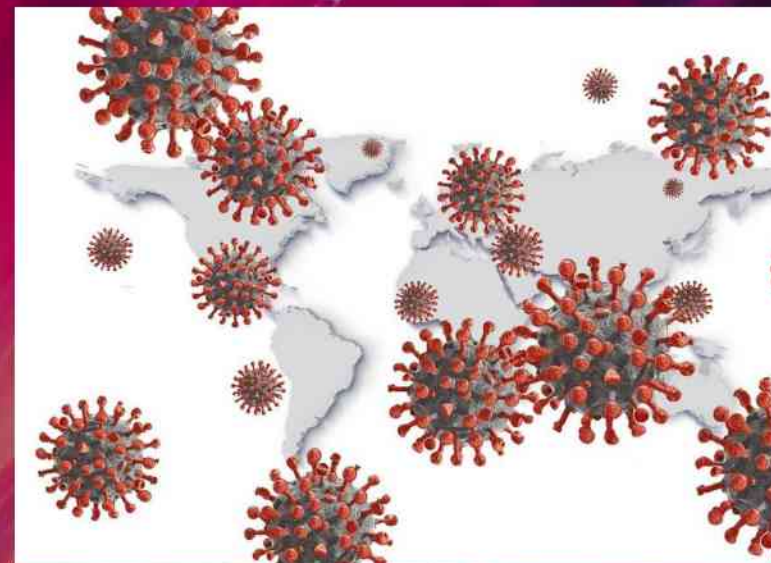


# VCO AGAINST COVID-19

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Indonesian Nutritionist Association

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# Indonesian Nutritionist Association – PERSAGI (Persatuan Ahli Gizi Indonesia)



- Professional Organization that brings together nutrition experts in Indonesia.
- The Logo listed the motto “Svastha Harena” meaning ‘improving health through food/nutrition’. Improving nutrition is an important element in achieving the welfare of the Indonesian people.
- Our organization was founded on January 12, 1956. We have member almost 27,000 across the country - from national to community level – work for government, universities, private sectors, food industry, etc
- We have “Hari Gizi Nasional” – “National Nutrition Day” – on January 25, since 1960

# What is VCO?

- + Known as extra virgin coconut oil, is pure, cold-pressed coconut oil that has not been refined
- + Known for its pleasant fragrance and taste, as well as its healthy antioxidants, medium-chain fatty acids, and vitamins

# VCO vs Regular Coconut Oil

## VCO

- + Extracted from coconut meat obtained from fresh coconuts
- + It is done using natural methods : dry processing, fermentation, cold compression, and wet-milling
- + Most unrefined/pure version of coconut oil

## RCO

- + Extracted by cold compression of copra with a moisture content of around six percent
- + It is processed through high heat exposure, and solvents like hexane are used
- + Refined coconut oil known as RBD (Refined, Bleached, and Deodorized)

# Composition

- + The two varieties do not differ much in composition, except for the fact that some polyphenols, vitamins, and minerals that contribute to the taste, fragrance, and goodness of coconut oil are found more in VCO than RCO/RBD
- + A 2009 study published in the *International Journal of Food Sciences and Nutrition* confirmed that VCO had better antioxidant capacity than refined, bleached, and deodorized coconut oil.
- + The study indicated that contribution of antioxidant capacity in VCO could be due to phenolic compounds
- + Polyphenols are a category of plant compounds that offers various health benefits. Regularly consuming polyphenols is to boost digestion and brain health, as well as protect against heart disease, and type 2 diabetes.

# Purity

- + VCO has a very good taste and smell since it is derived from fresh coconuts and is subjected to very low heat and [sunlight](#). It is also not refined. This preserves all the natural goodness of this oil, including its high content of [vitamin E](#) and minerals.
- + These nutrients are otherwise robbed from the ordinary coconut oil during processes like heating, filtration, refining, and bleaching, which are done to make it colorless and odorless.
- + Furthermore, it is very effective as a moisturizing agent. Its antioxidant properties are far better than those of normal coconut oil.

# Benefits of VCO

- + Higher in antioxidants
- + Supplementation of VCO had an antithrombotic effect compared to RCO/RBD
- + VCO had a significant beneficial effect on blood coagulation, which could help prevent cardiovascular diseases
- + Consuming 2 tablespoons of VCO in young healthy adults increased the level of HDL (or good cholesterol)
- + VCO has the same anti-inflammatory, analgesic, antipyretic, antioxidant, anti-stress, and antimicrobial properties as RCO

# Why Coconut Oil is Good for Immunity

- ✓ Coconut contains two special ingredients that make it excellent for immunity.
- ✓ These are anti-viral properties, commonly referred to as lauric acid and caprylic acid. Both are well-known for fighting off yeast overgrowth (candida), along with bacterial infections.
- ✓ Coconut comprised of 50 percent lauric acid, which the body converts to monolaurin, an antiviral agent that fight off a variety of pathogens and viruses.



# Lauric Acid (C12), Caprylic acid (C8), and Capric acid (C10)

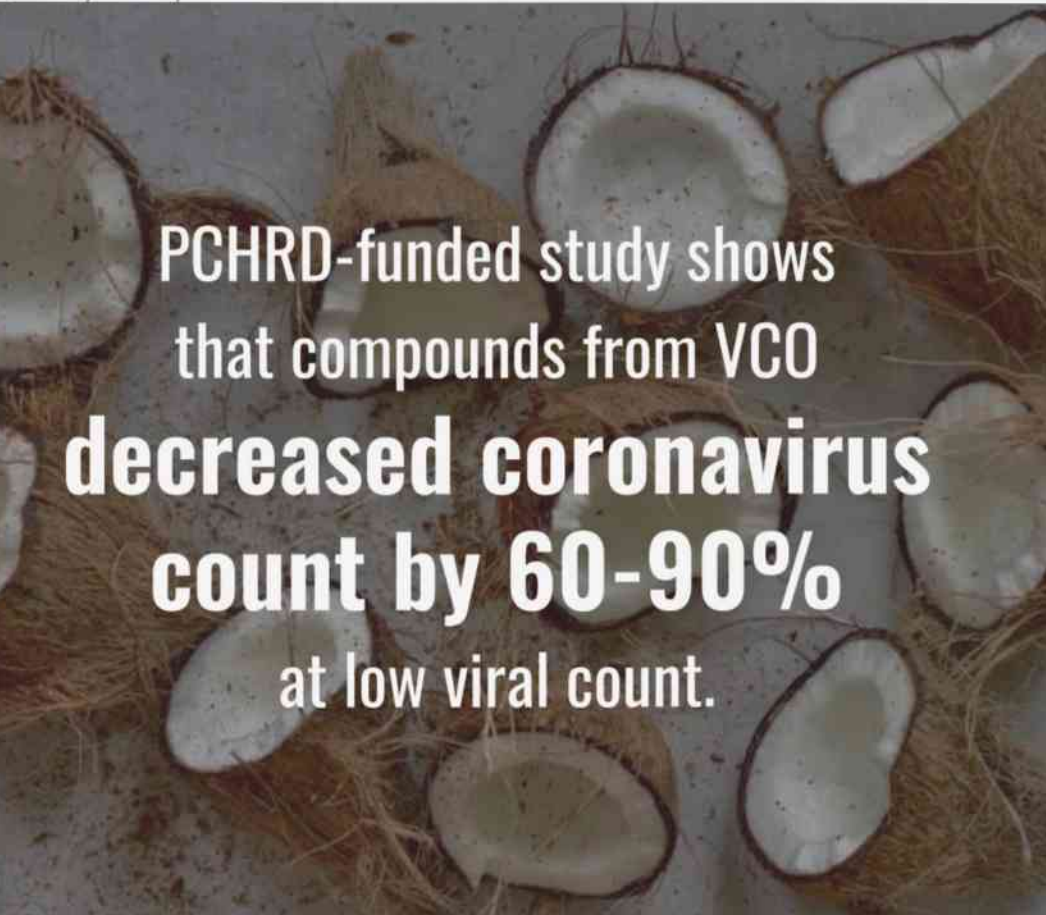
- + As a component of triglycerides, comprises about half of the fatty-acid content in coconut oil, the healthiest oil
- + C12, C8 and C10 make up the medium chain fatty acid (MCFA) content of coconut oil
- + MCFAs are the 'antimicrobial powerhouse' behind coconut oil's ability to cure and prevent a growing list of disease and illness
- + MCFA tends to improve cholesterol ratio by increasing HDL – good cholesterol, and also enhances the ability of pancreas to secrete insulin
- + Lauric, capric, and caprylic acids and their respective monoglycerides, monolaurin, monocaprin and monocaprylin, all exhibit antimicrobial activity that boots the immune system

**New Delhi:** One such superfood is a old standing tradition known to all Indian households, and commonly found in every kitchen—  
Virgin coconut oil

+ Virgin Coconut Oil is the oldest superfood that is trusted by every Indian

+ Researchers have found that coconut oil is recommended for its myriad health benefits. Cold Pressed Virgin Coconut Oil is extracted using natural means or no heat process from the fresh and matured kernels of the coconut. This extraction process preserves all the natural goodness of the oil that naturally helps to boost the immune system in the long run

# VCO against Covid-19



Filipino experiments revealed evidence that virgin coconut oil may be a means to defeat COVID-19

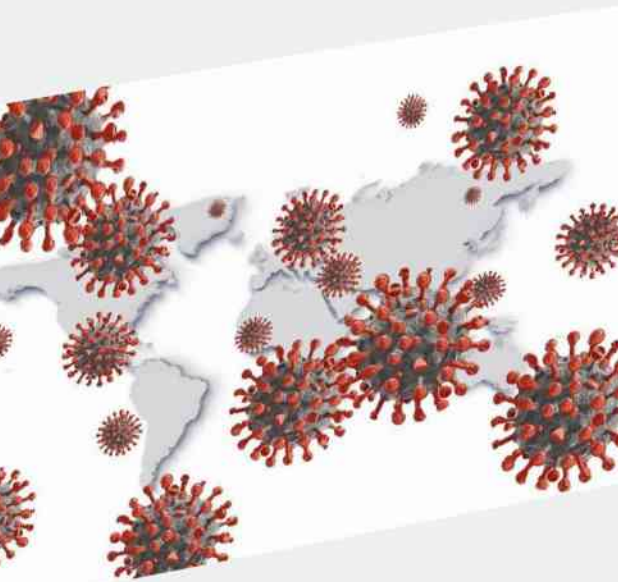
After six months of experiments, results showed that compounds from coconut oil and virgin coconut oil, or VCO, a readily available commodity in the Philippines, decreased coronavirus count by 60-90% at low viral load

## **Clinical trials on VCO use vs COVID-19**

- + Community-based clinical trials on VCO use vs Covid-19 to end in December – DOST-PCHR (Manila Bulletin, Oct 21, 2020)
- + Laguna Clinical trial ends, analysis starts for VCO as Covid-19 treatment (CNN Philippines, Oct 23, 2020)
- + Virgin Coconut Oil (VCO) as a Potential Adjuvant Therapy in COVID-19 Patients: 4 Hospitals DI Yogyakarta - Indonesia, Principal Investigator from University of Gajah Mada, will end December 2020 – the covid-19 patients received VCO as part of the treatment (sponsored by NIH-US)

# Summary

- + Many of the viruses and pathogens coconut oil has been found to prevent include the following: herpes, influenza, cytomegalovirus, HIV, listeria monocytogenes, helicobacter pylori, and harmful protozoa such as giardia lamblia.
- + VCO is truly a wonderful tool to keep immunity kit of wellness as a more natural solution. Though it hasn't been found to be a proven cure for any disease, the antiviral properties in VCO have been through extensive research.
- + It is recommended to consume 2 tablespoons of virgin coconut oil every day to boost the immune system



- ✓ Food plays an important role in deciding our health, which in turn affects the body's immune system.
- ✓ A weaker immune system can be detected when a person falls sick easily and quite often.
- ✓ The intake of Virgin Coconut Oil enhances the metabolism while also strengthening the immune system.
- ✓ Virgin Coconut Oil can be included in the diet in several ways.

*Thank You*