

A tropical beach scene with two palm trees in the foreground, their fronds reaching towards a bright sun in a blue sky with scattered white clouds. The sun is low on the horizon, creating a lens flare effect. The ocean is visible in the background.

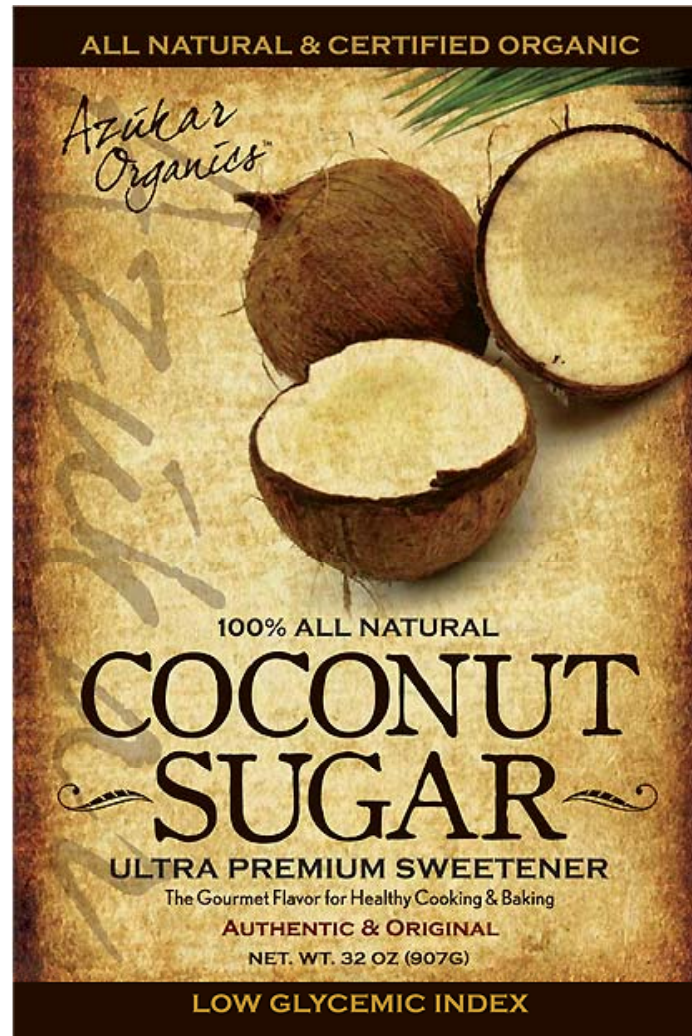
*All Natural & Certified Organic*

# COCONUT SUGAR

**"The Natural Choice for  
Diabetics and Everyone"**

# COCONUT SUGAR

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# COCONUT SUGAR

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**COCONUT SUGAR IS MADE FROM  
FRESH COCONUT SAP (TODDY)  
COLLECTED FROM THE CUTTINGS  
OF ITS INFLORESCENCE (FLOWER  
BUDS)**

**Flower Buds**



**Sap**



**Sugar**





# COCONUT SUGAR

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## Ultra Premium Benefits of Coconut Sugar

- **100% All Natural & Certified Organic**
- **Delicious Gourmet Quality, Texture & Flavor**
- **The Perfect Natural Sweetener Ingredient for All Healthy & Eco-Consious Lifestyles**
- **Current research Shows that Prolonged Use of Coconut Sugar can Help Manage Weight & Stabilize Insulin Levels In People with Type 1 & Type 2 Diabetes**
- **Low Glycemic Index**
- **Diabetics can Enjoy Coconut Sugar without the Worries of Hyperglycemia**

# COCONUT SUGAR

## Nutrition Facts

### Comparative Micronutrient Analysis of Three Types of Sugars

Nutrient Content	Coconut Sap Sugar ( a )	Brown Cane Sugar ( b )	Refined (White) Sugar ( c )
<b>Micronutrients mg/L (ppm) in dry matter</b>			
Manganese (Mn)**	1.3	<b>2.0</b>	0
Boron (B)**	<b>0.30</b>	0	0
Zinc (Zn)**	<b>21.20</b>	2.0	1.20
Iron (Fe)**	<b>21.90</b>	12.60	1.20
Copper (Cu)**	<b>2.3</b>	0.6	0.60
<b>Macronutrients mg/L (ppm) in dry matter</b>			
Nitrogen (N)*	<b>2,020</b>	100	0
Phosphorus (P)**	<b>790</b>	30	0.70
Potassium (K)	<b>10,300</b>	650	25
Calcium (Ca)	60	<b>240</b>	60
Magnesium (Mg)	<b>290</b>	70	10
Sodium (Na)	<b>450</b>	20	10
Sulfur (S)	<b>260</b>	130	20

a Sourced from Zamboanga Research Center; b Brand GK; c Brand Hermano

\* \*\*Determined through combustion method using Nitrogen Analyzer

\*\* Determined using ICP-AES /Analyzed by: Philippine Coconut Authority - Plant and Tissue Analysis Laboratory

# COCONUT SUGAR

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## Nutrition Facts

### Amino Acid & Vitamin Contents of Fresh Coconut Sap

AMINO ACID	Value (g/10g)	VITAMIN	Value (mg/dl)
Histidine	1.19	Thiamine (Vit. B1)	77.0
Arginine	0.35	Riboflavin (Vit. B2)	12.20
Aspartic Acid*	11.22	Pyridoxine (Vit. B6)	38.40
Threonine*	15.36	Para-amino benzoic acid	47.10
Serine*	8.24	Pyridoxal	38.40
Glutamic Acid*	34.20	Pantothenic acid (Vit.B5)	5.20
Proline	3.52	Nicotinic acid (Vit.B3)	40.60
Glycine	0.47	Biotin (Vit. H)	0.17
Alanine	2.56	Folic acid (Vit.B9)	0.24
Valine	2.11	Inositol	127.70
Methionine	-	Choline	9.0
Isoleucine	0.38	Vitamin B <sub>12</sub>	Trace
Leucine	0.48		
Tyrosine	0.31		
Phenylalanine	0.78		

Source: Kozaki, 1974 as cited in PCARRD, 1993 Coconuts Today, Vol. XIX November 2004/October 2005

\*Dominant amino acids

# COCONUT SUGAR

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## Nutrition Facts

### Analyses of Coconut Sugar

<i>Glucose</i>	2.0%
<i>Fructose</i>	2.9%
<i>Sucrose</i>	84.98%

### Quality Test of Coconut Sugar

<i>Moisture</i>	2.20%
<i>Sucrose</i>	85.64%
<i>Reducing Sugar</i>	7.51%
<i>Total Sugar as Invert</i>	97.65%

# COCONUT SUGAR

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## Nutrition Facts

### Glycemic Index (GI)

- *Based on Food and Nutrition Research Institute (FNRI) study on 2007, the GI of coconut sap sugar is 35, hence classified as Low GI food, which can be used as natural sweetener of diabetics*

HIGH	> 70
MED	56 - 69
LOW	< 55

- *The GI is a ranking system for carbohydrates based on the immediate effect on blood glucose levels*
- *The higher the number, the greater the blood sugar response*
- *A low GI food will cause a small rise in blood glucose level, while a high GI food will trigger a dramatic spike*



# COCONUT SUGAR

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## Nutrition Facts

### Coconut Sugar Food & Nutritive Values

Particulars	Values
Total Energy Content, cal/100g	369.40
Total carbohydrate <sup>a</sup> , g/100g	92.3
Moisture <sup>a</sup> , %	2.2
Ash, %	2.2
Crude Protein, %	1.3
Crude Fat <sup>a</sup> , %	0.12
<b>Vitamins and Minerals</b>	
Vitamin C <sup>a</sup> , mg ascorbic acid/100g	23.4
Thiamine	0.41
<b>Macronutrients, mg/100g</b>	
Potassium	1,300.0
Phosphorus	79.0
Magnesium	29.0
Sulfur <sup>b</sup>	26.0
Calcium	6.0
<b>Micronutirents, mg/100g</b>	
Zinc	2.0
Iron	2.0
Boron <sup>b</sup>	0.63
Copper <sup>b</sup>	0.23
Manganese <sup>b</sup>	0.13

<sup>a</sup>Analyzed by SGS, Philippines

<sup>b</sup>Analyzed by PTAL-PCA

Multiply by 10 to convert mg/100g to ppm (mg.kg)

# COCONUT SUGAR

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## Nutrition Facts

### Coconut Sugar Rich in Life Sustaining Nutrients

**Glutamic Acid** - Important in the metabolism of sugars and fats. It is used in the treatment of epilepsy, mental retardation, muscular dystrophy, ulcers, and hypoglycemic coma, a complication of insulin treatment for diabetes

**Inositol** - Vital for hair growth and helps to prevent high cholesterol and the hardening of the arteries caused by cholesterol buildup

**Vitamin B1 (thiamine)** - Positive effect on energy, growth, normal appetite, and learning capacity also acts as an antioxidant.

**PABA (Para Amino Benzoic Acid)** - An anti-oxidant which helps in the formation of red blood cells

**Calcium** - Vital for strong bones and teeth; also needed for the heart and nervous system and for muscle growth and contraction.

**Magnesium** - Essential for enzyme activity, calcium and potassium uptake, nerve transmission, bone formation, and metabolism of carbohydrates and minerals.

# COCONUT SUGAR

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## Nutrition Facts

### Coconut Sugar Rich in Life Sustaining Nutrients

**Potassium** - Helpful in treating high blood pressure, excessive use of salt along with inadequate intake of fruits and vegetables results in potassium deficiency.

**Phosphorus** - needed for cell and bone growth, kidney function.

**Zinc** - Boosts your immunity, called the “intelligence mineral”, zinc is required for mental development, for healthy reproductive organs (particularly prostate gland).

**Iron** - Vital for healthy blood, iron deficiency is associated with poor mental development and problems with the immune system.

**High level of active Cl ions** - Provides electrical neutrality (acid-base body balance) and correct pressure of body fluids, balance electric charges in the human nervous system and enhances the efficient digestion and immune systems for our healthy body and mind

# COCONUT SUGAR

## How is it Made?

DWARF COCONUT TREES



FLOWER BUDS



SAP TAPPING



COCONUT SUGAR



CRYSTALLIZATION



CAMELIZATION



SAP COLLECTION

# COCONUT SUGAR

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## Retail Size



**32 & 16 Oz  
Resealable Biodegradable  
PLA Lined Kraft Bag**



# COCONUT SUGAR

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## Retail Size



**32 & 16 Oz**  
**Resealable Plastic Pouch**

# COCONUT SUGAR

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Retail Size



**5 gm Foil Sachets  
In a 50 pc Pack**

# COCONUT SUGAR

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Available in Bulk



**25 x 1 Kg Box**



**25 x 1 Kg Kraft Bag**

A vibrant tropical beach scene with two palm trees in the foreground, their fronds reaching towards a clear blue sky. The turquoise ocean stretches to the horizon, with distant mountains visible under a bright sun that creates a lens flare effect.

*All Natural & Certified Organic*

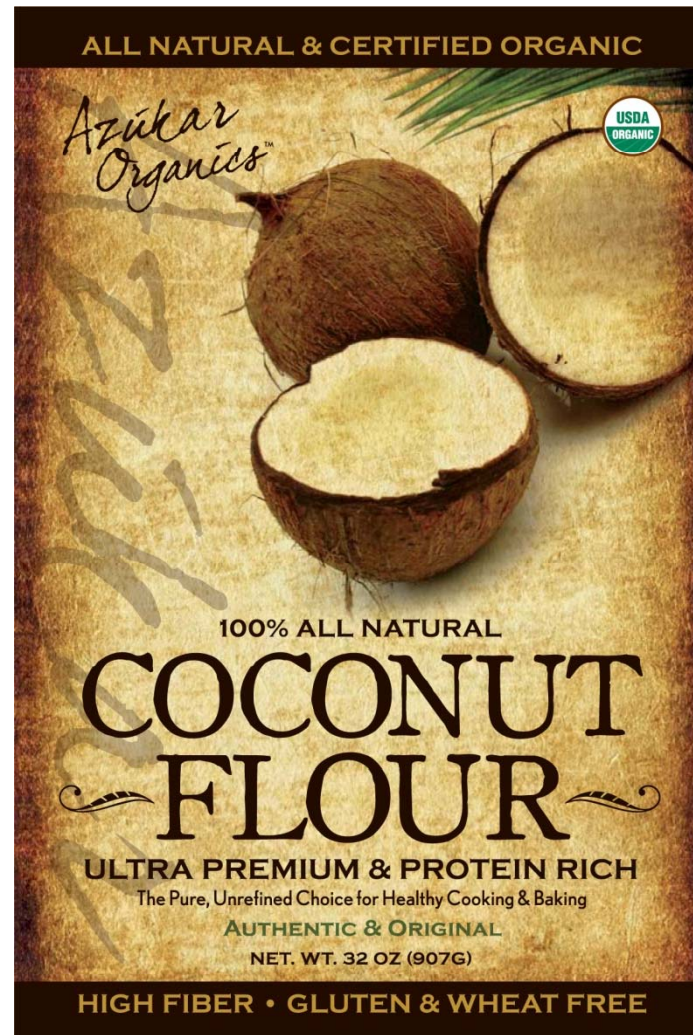
# COCONUT FLOUR

**"Your Gluten Free Alternative"**



# COCONUT FLOUR

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# COCONUT FLOUR

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**OUR COCONUT FLOUR IS MADE FROM FRESH ORGANIC COCONUT MEAT THAT IS DRIED, DEFATTED AND THEN FINELY GROUND INTO A POWDER VERY SIMILAR TO WHEAT FLOUR.**

**Fresh Coconuts**



**Meat**



**Flour**

# COCONUT FLOUR

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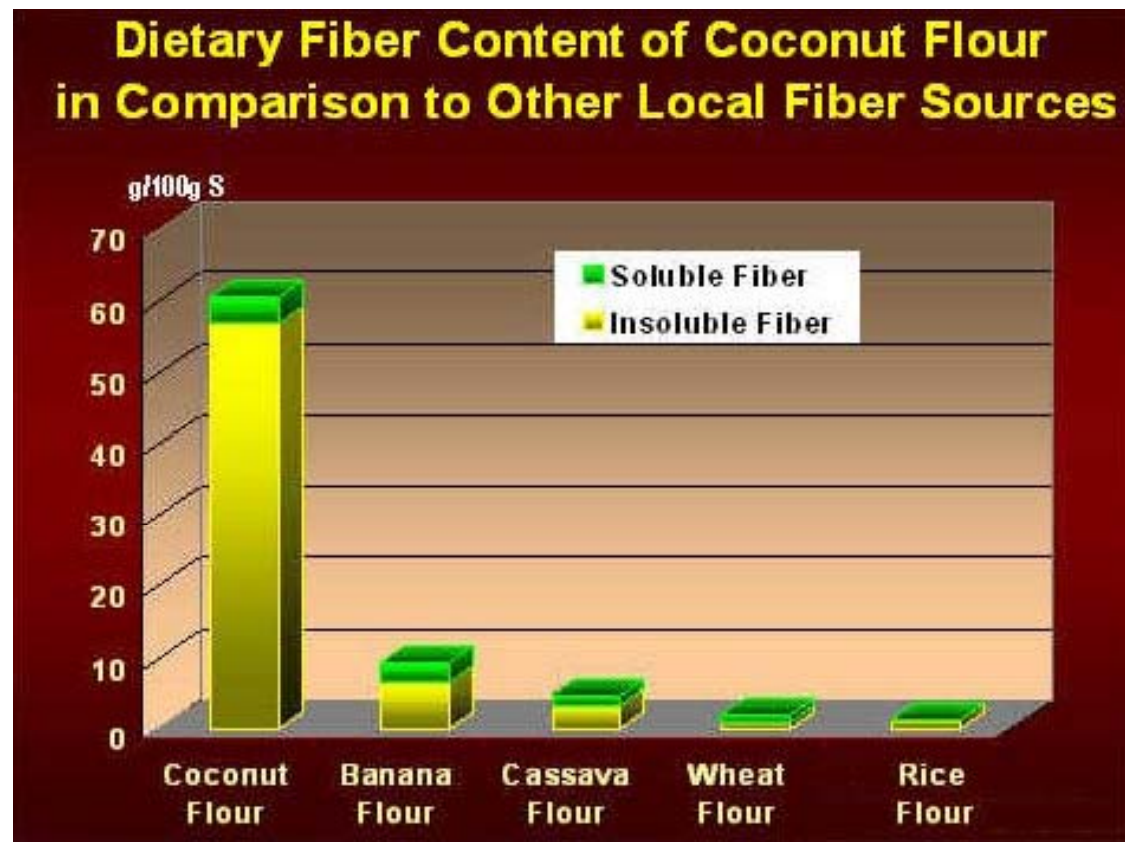
## Ultra Premium Benefits of Coconut Flour

- 100% All Natural & Certified Organic
- Coconut Flour is Ideal for Baking
- Delicious Gourmet Quality, Texture & Flavor
- Coconut Flour is *gluten-free* and hypoallergenic
- Naturally Low in Digestible Carbohydrate
- Coconut Flour can help you reach a healthy weight.
- Loaded with the Highest Percentage of Health Promoting, Calorie-free Dietary Fiber in Comparison to Other Flours
- Contains More Protein than Enriched White Flour, Rye Flour or Corn Meal

# COCONUT FLOUR

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**Highest Percentage of Dietary Fiber Found in any Flour.**



# COCONUT FLOUR

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Nutrition Facts	
Serving Size 3.5 oz (100 grams)	
Amount Per Serving	
Calories 413.4	Fat Cal. 77.06
%Daily Value*	
Total Fat 8.7g	13%
Saturated Fat 8.0g	40%
Transfat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 64.8g	22%
Dietary Fiber 38.5g	154%
Sugars 8.7g	
Protein 19.3g	38%
Iron 5%	
*Percent Daily Value are based on a 2,000 calorie diet.	

# COCONUT FLOUR

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Retail Size



**32 & 16 Oz**  
**Resealable Biodegradable**  
**PLA Lined Kraft**



# COCONUT FLOUR

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Available in Bulk



**40 Lb Kraft Bag**



*All Natural & Certified Organic*

# VIRGIN COCONUT OIL

**"Nature's Health Tonic"**

# VIRGIN COCONUT OIL

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# **VIRGIN COCONUT OIL**

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**VIRGIN COCONUT OIL (VCO) IS OIL DERIVED FROM FIRST PRESS OF FRESH AND MATURE COCONUT MEAT, WITHOUT THE USE OF HEAT, UNREFINED, UNBLEACHED AND NON-DEODORIZED.**

**Fresh Coconuts**



**VCO**

**Meat**

# **VIRGIN COCONUT OIL**

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## **Ultra Premium Benefits of Virgin Coconut Oil**

- **100% All Natural & Certified Organic**
- **Reduces the risk of atherosclerosis, coronary and cerebrovascular disease, cancer and other degenerative conditions such as arthritis, asthma and diabetes**
- **Prevents bacterial, viral and fungal infections**
- **Supports and strengthen the immune system**
- **Stabilizes the cholesterol and blood sugar levels**
- **Prevents platelet stickiness that causes clotting**
- **Inhibits osteoporosis**
- **Boosts the health of the thyroid**



# **VIRGIN COCONUT OIL**

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## **Ultra Premium Benefits of Virgin Coconut Oil**

- **Heals damaged tissues of the skin and prevent its premature aging**
- **Makes the skin soft, smooth, young looking and free of blemishes**
- **Moisturizes dry, flaky and itchy skin**
- **Eases eczema and alleviate minor skin ailments**
- **Protects the skin from cancer and help heal cases of psoriasis**
- **Promotes healthy scalp and produce strong and silky hair**
- **Eases tension and relax the entire body**

# VIRGIN COCONUT OIL

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## Nutrition Facts

Serving Size: 1 tbsp (15ml)  
Serving per container: 33 (per 500ml)

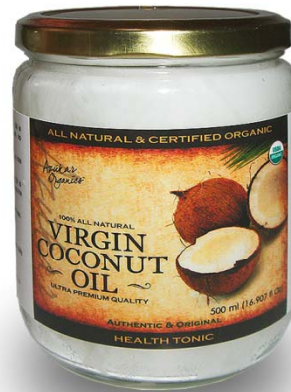
Amount per Serving		
Calories 125	Fat Calories 125	
		% Daily Value*
Total Fat	14g	22%
Saturated Fat (MCFA)	93.78%	
Lauric Acid	50.78%	
Caprylic Acid	6.7%	
Capric Acid	5.8%	
Myristic Acid	19.6%	
Palmitic Acid	8.2%	
Other MCFA	2.7%	
Monosaturated fat	5%	
Polysaturated fat	1%	
Trans fat	0%	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	0mg	0%
Protein	0mg	0%

\*Percent daily values are based on a 2,000 calorie diet

# VIRGIN COCONUT OIL

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Retail Size



**500 ml /16.91fl Oz  
Glass Jar**

**Also Available in Box of 12  
Jars**

# VIRGIN COCONUT OIL

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## Bulk



**20 Liter / 5.28 Gal Pail**



**200 Liter / 52.83 Gal Steel  
Drum**



*All Natural & Certified Organic*

# COCONUT WATER

**FROM CONCENTRATE**

**"A Natural Sports Drink and  
Health Tonic"**

# COCONUT WATER

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# COCONUT WATER

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**COCONUT WATER CONCENTRATE IS OBTAINED FROM FRESH COCONUTS, REDUCED TO 60 °BRIX, STABILIZED AND SUBSEQUENT REFRIGERATION TO ASSURE PRESERVATION.**

**Fresh Coconuts**



**Concentrate**



**Reconstitute**

# **COCONUT WATER**

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## **Ultra Premium Benefits of Coconut Water**

- **100% All Natural & Certified Organic**
- **Good electrolyte drink, makes excellent sports beverage**
- **Possesses anti-aging properties**
- **Promotes gastrointestinal health**
- **Improves digestion**
- **Low in fat and calories**
- **No cholesterol**
- **Helps balance blood sugar**

# COCONUT WATER

## An Alternative Sports Drink

**Nutrient Content in Gatorade, Powerade, and Coconut Water (Value per 100 grams)**

Nutrient	Units	Gatorade	Powerade	Coconut Water*
Sugar	g	5.33	6.02	3.71
Dietary fiber	g	0	0	1.1
Calcium	mg	1	2	24
Iron	mg	0.20	0.25	0.29
Magnesium	mg	1	5	25
Phosphorous	mg	9	2	20
Potassium	mg	14	13	250
Sodium	mg	39	22	105
Zinc	mg	0.26	0.06	0.10
Copper	mg	0.25	0.25	0.04
Manganese	mg	0.05	0.05	0.142
Selenium	mcg	0.0	0.0	1
Fluoride	mcg	34	62	trace
Vitamin C	mg	0.4	0.4	2.4
Thiamin	mg	0.011	0.011	0.030
Niacin	mg	0.22	1.54	0.08
Pantothenic acid	mg	0.055	0.055	0.043
Vitamin B-6	mg	0.022	0.153	0.032
Folate	mcg	0.0	0.0	3
Amino acids	mg	0.0	0.0	785

\*Unlike commercially produced beverages, natural products like coconut water do not have a precise chemical profile. All values listed here are averages of samples tested. These values will vary somewhat due to age, variety, and growing conditions.

Source: USDA National Nutrient Database for Standard Reference (2006).

# COCONUT WATER

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## Bulk



**44 Lb / 20 Kg Pail**



**462 Lb / 210 Kg Steel Drum**

# **DISTRIBUTED BY**

## **ABAKA HOLDINGS INTERNATIONAL**

**Mailing Address:** PO Box 11406  
Carson, CA 90745  
USA

**Showroom:** 316 W. Carson Street  
Carson, CA 90745  
USA

**Phone:** (310) 499-0846

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