



NHC~Natural Healthy Choices
Simply From Nature



Coconut MCT Salad Oil by Alpha Health (250mL)

Alpha's Gourmet MCT+ Coconut Salad Oil - for the most balanced and easily digested fat intake. This new amazing oil has been created to simplify the intake of highest quality food oils. All the most important healthy fatty acids are combined into one can, according to European tradition in non-toxic white tin cans. **MCT Gourmet Salad Oil consists of MCT-Oil, nutritious DME™ Virgin Coconut Oil and additionally unrefined Chia Seed Oil and Peruvian Sacha Inchi Oil** to provide essential Omega-3 fatty acids for daily use – without a bitter or fishy taste! Alpha's Gourmet MCT Coconut Salad Oil is packaged 'European Style' in white tin cans, the safest way known to protect liquid food oils. Simply enjoy 1 tablespoon 2-5 times a day to gain the benefits of Alpha's Gourmet MCT Coconut Salad Oil.



Introductory Special \$22.00/500 ml

Regular Price: \$24.00

GOURMET MCT COCONUT SALAD OIL IS RICH IN OMEGA 3

Alpha's Gourmet MCT Coconut Salad Oil is combines some of the healthiest natural oils known in human nutrition; MCT-Oil 60/40, DME Virgin Coconut Oil and Chia Seed Oil with Omega-3 which makes it excellent salad oil for daily use – without a bitter or fishy taste! Alpha's Gourmet MCT Coconut Salad Oil is packaged 'European Style' in white tin cans, the safest way known to protect liquid food oils. Simply enjoy 1 tablespoon 2-5 times a day to gain the benefits of Alpha's Gourmet MCT Coconut Salad Oil. LARGER MONEY SAVING 500ML SIZE! [LIQUID]

EACH TABLESPOON (15ML) CONTAINS:

Formulated according to Dr. Mary Newport's Ketonic Diet 4:3 ratio

4 part MCT-Oil 60/40

3 part Virgin Coconut Oil

Plus essential Omega-3 Oil (**Chia Seed Oil and Peruvian Sacha Inchi Oil**)

High unsaturated fatty acids content *Low level of saturated fatty acids * Balanced Omega composition and Antioxidants Vitamins A and E

It can be mixed with fruit juices, used on salads, in salad dressings, sauces or added to smoothies as a source of beneficial fatty acids. Not recommended for use in frying or high heat applications. One tablespoon of Alpha Supreme MCT-Oil provides 115 calories. Please note that MCT-Oil needs to be stored at room temperature and in its original container. Good for 3 months after opening.



Sacha Inchi Oil

The Amazonian vegetable oil rich in omega 3

- **High unsaturated fatty acids content *Low level of saturated fatty acids *Vitamins A and E *Balanced Omega composition**

Sacha inchi seed is grown wildly in the Peruvian Amazon, it was known by native Peruvians thousands of years ago. Scientific researches have found that Sacha inchi is one of the best oilseeds by its composition and high nutritional profile:

1. Its oil is high in fatty acids: omega 3 (**over 48%**), omega 6 (**36%**) and omega 9 (**8%**)
2. Sacha inchi oil has a high digestibility (over 96%)
3. It contains antioxidants vitamin A and vitamin E alpha-tocopherol
4. Over **60% of the kernel is full of high quality proteins** (99% digestible)

Sacha inchi oil is very rich in essential and non-essential amino acids, in sufficient quantities to improve the general human health.

Advantages of the Inca Inchi oil compared to fish oil

- Inca Inchi oil is easy to digest while fish oil is less so.
- Inca Inchi oil has a better flavour and aroma than fish oil. It was awarded the gold medal at the international WEO 2004 competition in Paris.
- Inca Inchi oil does not cause the acidity and irritation that fish oil does.
- Inca Inchi oil does not cause intestinal gases like fish oil.
- Inca Inchi oil has a high proportion of essential fatty acids (84.41%) while fish oil has a very small essential fatty acid content 3%.
- Inca Inchi oil has a high proportion of unsaturated fatty acids (93.69%), fish oil contains less unsaturateds (65%).
- Inca Inchi oil has the lowest saturated fat content (6.39%), while fish oil has a high saturated fat content (40%).
- Inca Inchi oil is metabolised by the human body for its own needs, fish oil is metabolised by fish for the needs of the fish.
- Inca Inchi oil has more physiological functions in the human body than fish oil.
- Inca Inchi oil is consumed raw, it is obtained from the first cold pressing, it is virgin and is not refined while fish oil for human consumption is extracted and refined at high temperature using solvents and chemicals.
- Inca Inchi oil contains important natural antioxidants such as alpha-tocopherol vitamin E, vitamin C carotenoids and thus, unlike fish oil, does not require artificial preservatives to be added.
- Inca Inchi oil is an organic, biological product; fish oil is exposed to contamination in the sea: dioxide, mercury, benzopyrenes and others.
- Because Inca Inchi oil is a vegetable oil it contains no cholesterol, fish oil does contain cholesterol.

Chia And Other Seeds Are Rich In Omega 3

Seeds and seed oils have the highest omega 3 (*n*-3) content of all vegetarian foods. **Chia, flax and sacha inchi seeds** are the richest in *n*-3. The following data were obtained from the USDA database:

Seeds	ALA per 100g	EPA per 100g	DHA per 100g	Total <i>n</i> -3 per 100g	Total <i>n</i> -6 per 100g	<i>n</i> -3 to <i>n</i> -6 ratio
Flax Seeds	22.81g	None	None	22.81g	5.91g	3.9 to 1
Chia Seeds	17.55g	None	None	17.55g	5.79g	3.0 to 1
Sacha Inchi Oil	6.85g	None	none	6.85g	5.15g	1.3 to 1