



COCONUT OIL is the oil that has been extracted from coconut meat.

Company	Product Name			Raw	Deodorized Neutral Flavour	Extraction Method	Origin
Artisana	Raw Virgin Coconut Oil					CP	Sri Lanka / Philippines
Botanica	Virgin First Pressed Coconut Oil					CP	Philippines
Dr. Bronner's	White Kernel Virgin Coconut Oil					EP	Sri Lanka
Dr. Bronner's	Whole Kernel Virgin Coconut Oil					EP	Sri Lanka
Kevala	Raw Coconut Oil					CP	Sri Lanka
Maison Orphee	Neutral Taste Coconut Oil					FP	Philippines
Maison Orphee	Raw Virgin Coconut Oil					FP	Philippines
Naked Coconuts	Virgin Coconut Oil					CP	Philippines
Nature's Way	Coconut Oil					EP	Philippines / Singapore
Nutiva	Refined Coconut Oil					EP	Philippines
Nutiva	Coconut Oil					CP	Philippines / Sri Lanka
Omega Nutrition	Aroma Free Coconut Oil					EP	Philippines
Organic Traditions	Raw Coconut Oil					CP	Thailand
Organic Tree	Virgin Coconut Oil					CP	Sri Lanka
Soleil d'Or	Coconut Oil					FP	Philippines
Vegi Day	Virgin Coconut Oil					CP	Sri Lanka
Vita Coco	Coconut Oil					CP	Philippines

Note: Nature's Way coconut oil remains liquid due to the removal of fatty acids (using steam distillation not solvents). The resulting product contains 93% MCT and stays liquid even when refrigerated.

CP = cold pressed, EP = expeller pressed, FP = First Pressed

COCONUT BUTTER is coconut meat that has been ground into a spreadable paste. It includes all the fat, fiber, and nutrients from the coconut.

Company	Product Name			Raw	Origin
Artisana	Raw Coconut Butter				Sri Lanka / Philippines
Kevala	Coconut Butter				Mexico
Nutiva	Coconut Manna				Philippines
Root Alive	Coconut Butter				Sri Lanka



PRESSING is a mechanical alternative to conventional solvent-extraction.

First Pressed (FP)	Cold Pressed (CP)	Expeller Pressed (EP)
» Mechanically pressed only once	» Mechanically pressed	» Mechanically pressed
» No external application of heat	» No external application of heat	» No external application of heat
» Processing does not exceed 50°C.	» Processing does not exceed 50°C.	» Heat may reach 98°C.
» Filtered to remove seed residue	» Filtered to remove seed residue	
» Pressing preserves the nutritional properties of the oil (vitamins, tocopherols, EFAs, pigments)	» Pressing preserves the nutritional properties of the oil (vitamins, tocopherols, EFAs, pigments)	» The temperature reached during pressing depends on the hardness of the nut or seed. The harder the nut or seed, the more pressure required to extract the oil, which in turn creates more friction and higher heat.

PROCESS

Process	Description
Raw	<ul style="list-style-type: none"> » Not heated above 50°C. » Minimal processing
Virgin	<ul style="list-style-type: none"> » Mechanically extracted without the use of chemicals » May be purified using water, settling, filtering or centrifuge » Depending on the extraction method, heat may go above 50°C. therefore virgin doesn't necessarily mean "raw."
Extra virgin	<ul style="list-style-type: none"> » The term "extra virgin" is only acceptable for olive oil. » There are no internationally recognized standards that define "extra virgin" for other vegetable oils.
Refined	<ul style="list-style-type: none"> » Typically reaches 200°C. » Processing methods vary
Deodorized (DO)	<ul style="list-style-type: none"> » Chemical deodorizing is prohibited in Organic production. » Organic standards permit charcoal filtering, followed by high temperature steam injection to remove volatile oil (flavour). This results in a neutral tasting oil.
RBD Coconut Oil	<ul style="list-style-type: none"> » RBD coconut oil is the most commonly used commercial cooking oil worldwide. » "Refined, bleached, deodorized" coconut oil is made from "copra," dried coconut kernel as opposed to fresh coconut. It can be smoke, sun or kiln dried. It is then pressed in a heated hydraulic press. The crude oil is not safe for consumption and must be refined with further heating and filtering. Filtering may include bleaching clays, sodium hydroxide and chemical solvents (e.g. hexane) to remove volatile oils (flavour). Some RBD coconut oil is further processed into partially or fully hydrogenated oil.