



What can COCONUT VINEGAR do for you?

- Reduce obesity-induced inflammation that often lead to chronic diseases
- Reduce paracetamol induced liver damage
- Delays breast cancer progression by inducing apoptosis and activating anti-tumour immunity (Mohamad et al)
- helps fight infection

Reference:

Spice Up with Natural & Healthy Coconut Vinegar, Agricultural Training Institute



Reproduced by:

Agricultural Training Institute-Regional Training Center VII

Phone

0917-321-8524

Website

www.ati.da.gov.ph/ati-7/

Email

ati_7cv@yahoo.com



Coconut Vinegar



Natural & Healthy

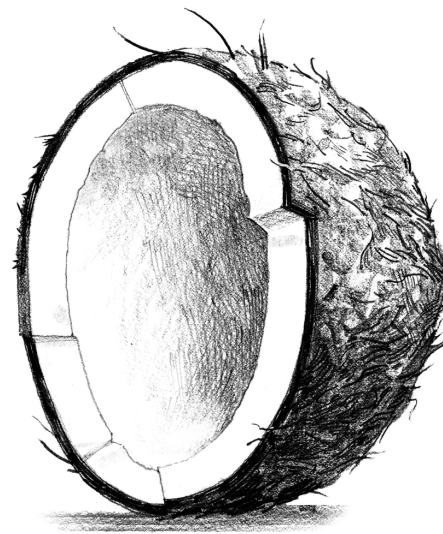
Made from alcoholic and subsequent acetous fermentation of the coconut sap of the coconut palm and alternatively coconut water augmented with little sugar or combination thereof.

Flavoring may be used, provided the nature is declared on the label. Among the optional ingredients blended for spicy flavor are "labuyo" chilis, garlic, onions, and ginger.

Acidity shall not be less than 4% by weight of absolute acetic acid.

In its natural formulation, it does not contain any artificial matter such as synthetic acetic acid or cloudifying agent that shall deem it adulterated.

Usually packed on tightly sealed glass bottles for adequate protection from contamination and other external hazards



“ Coconut vinegar contains high amount of macro & micro nutrients.”

- contains Phosphorus, proteins, vitamins & phenolic

CULINARY USES

1. Preservative in pickling vegetables, seafood and meats (Hosking, 2006)
2. Dipping sause for all kinds of fried, broiled and boiled dishes (Hosking, 2006)
3. Flavor enhancer extensively used in Southeast Asian cuisine (Sangamithra, et al, 2013)

INGREDIENT TO Sports Drink

- Used in the formulation of sports drink to achieve optimum acidity to facilitate the repletion of muscle glycogen during post exercise (Aziz & Sharifudin, et al, 2016)
- Used to achieve appropriate sodium level that would stimulate sugar and water uptake in the small intestine and help maintain extracellular fluid volume as well as maintaining the drive to drink by keeping plasma osmolality high (Aziz & Sharifudin, et al, 2016)

