

Palm Olein

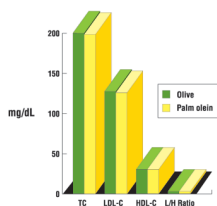
All the goodness of olive oil and more!



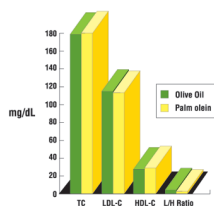
Palm Olein Reduces Blood Cholesterol

Several human studies confirm that palm olein reduces blood cholesterol just as effectively as olive oil, the main dietary component that protects against cardiovascular disease (CVD) in the Mediterranean diet.

Cholesterol-modulating effects of palm olein and olive oil are comparable



Ref: Ng et al. (1992). J Am Coll Nutr. 11:383-90.



Ref: Choudhury et al. (1995). J Am Clin Nutr. 61:1043-51.

Palm Olein, The Superior Choice

Higher Antioxidant Content

- ✓ Contains more Vitamin E than olive oil.
- ✓ The richest source of Tocotrienols (Vitamin E) that helps reduce cholesterol.

Excellent Frying Properties

- ✓ Ideal and stable frying oil.

Competitively Priced

- ✓ More affordable than olive oil.

Palm Olein, Your Healthier Choice



MPOC
Malaysian Palm Oil Council
www.mpec.org.my