

# COCONUT SUGAR

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

Flower Blossoms



Coconut Sap



Coconut Sugar

## **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**
- **Low Glycemic Index – Good for Diabetics**
- **Naturally Contains Essential Vitamin B Complex, Five Micro and Macro Nutrients Vital for Body Metabolism**

# COCONUT SUGAR

## Ultra Premium Benefits of Coconut Sugar

### 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

# 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		
Tyrocine	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

## Nutrition Facts Valeur Nutritive

Per 1 Tsp (5 g) / Pour 1 c.à thé (5 g)

Amount Teneur	% Daily Value* % Valeur Quotidienne*
<b>Calories / Calories 15</b>	
<b>Fat / Lipides 0 g</b>	<b>0%</b>
Saturated / Saturés 0 g	0%
+ Trans / Trans 0 g	
<b>Cholesterol / Cholestérol 0 g</b>	<b>0%</b>
<b>Sodium / Sodium 0 mg</b>	<b>0%</b>
<b>Carbohydrates / Glucides 5 g</b>	<b>2%</b>
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	0%
<b>Protein / Protéines 0 g</b>	<b>0%</b>
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	0%

Ingredients: 100% Pure Coconut Sap

Ingrédients: Sève de noix de coco pure à 100 %

# 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%

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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*



# Nutrition Facts

## Coconut Sugar Food & Nutritive Values

<b>Particulars</b>	<b>Values</b>
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>Micronutrients, 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.

# 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.

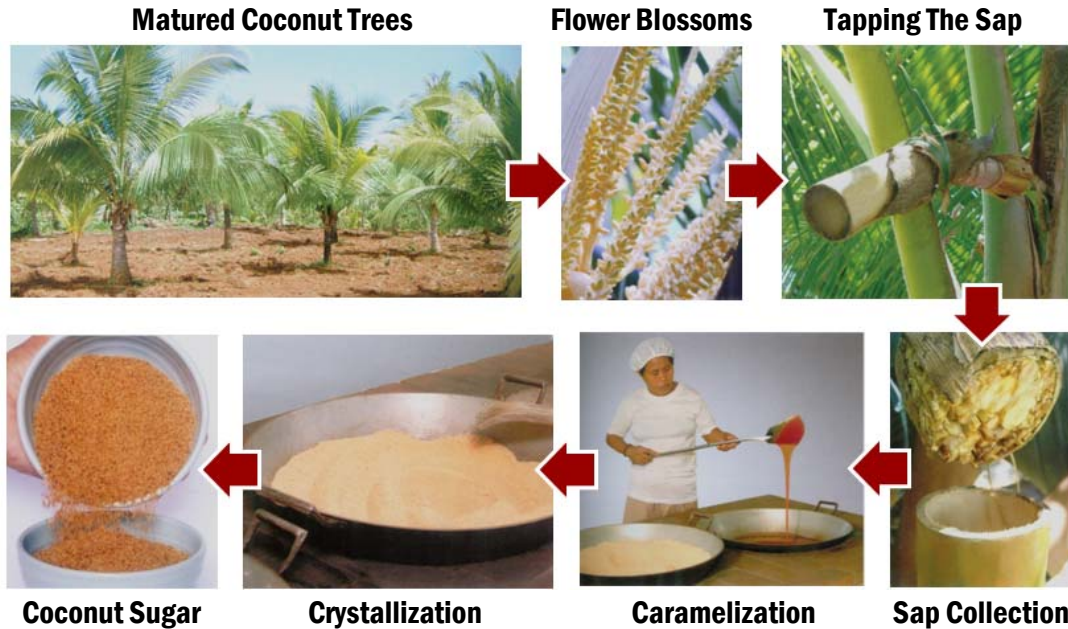
**Zinc** - Boosts your immunity, called the “intelligence mineral”, zinc is required for mental development, for healthy reproductive organs (particularly prostate gland).

**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?



# COCONUT SUGAR

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## Bulk Size



**25 x 1 Kg Box**