Research

The journal articles listed below are just a small sampling of the many published studies involving coconut oil, medium-chain triglycerides, and other related subjects.

**Antimicrobial Effects**


Cardiovascular Health

Note: A large number of studies are showing a direct correlation between chronic low-grade bacterial and viral infections and coronary heart disease. The primary culprits are Chlamydia pneumoniae, Cytomegalovirus, and Helicobacter pylori. Each of these pathogenic organisms as well as many others are effectively killed by the medium-chain fatty acids in coconut oil. Coconut oil, therefore, can reduce risk of heart disease.

A diet rich in coconut oil reduces diurnal postprandial variations in circulating tissue plasminogen activator antigen and fasting lipoprotein (a) compared with a diet rich in unsaturated fat in women. J. Nutr. 2003;133:3422-3427.


Effects of total pathogen burden on coronary artery disease risk and C-reactive protein levels. Am J Cardiol 2000 Jan 15;85(2):140-6.


Weight Management


**Metabolism/Energy**


**Digestion and Nutrient Absorption**


Hospital Patient Care/Parenteral Nutrition


Cancer, Liver Disease, and Other Health Concerns


