

# Treasures from the Tropic of Coconut



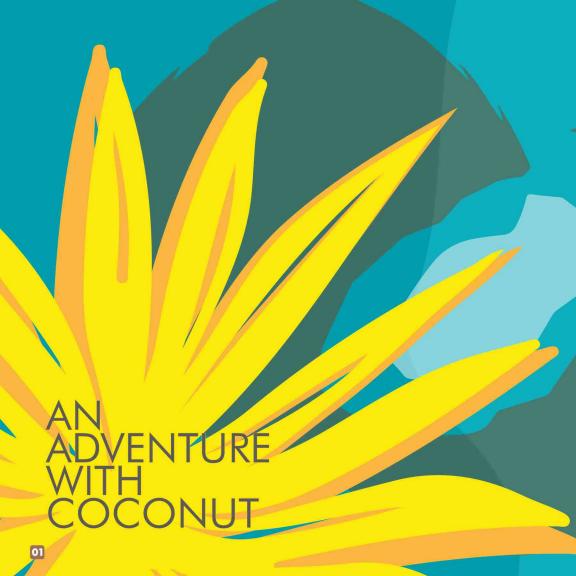
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**Ceylon Coconut Company** is a young and dynamic company set up in 2014 to develop a brand name for our coconut products from Sri Lanka, formerly known as Ceylon.

Our focus is to build up an exclusive range of value added coconut products, whilst supplying the best quality traditional coconut range. We are continuously doing research and development for innovative and high quality organic products that meet the ever changing consumer.

We invite you to join us in spreading our tradition of healthy living to your communities. We are eager to support partnerships with global businesses, irrespective of size, to organically grow the culture of natural healthy living, and support consumer demand for specific diets such as vegan, paleo and LCHF, through our traditional and hand crafted range of products.

## THE LIFE CYCLE OF A COCONUT

Cocos nucifera, the coconut palm, also knows as the tree of life, is cultivated for its fruit and fiber. It thrives in tropical climes such as Sri Lanka, and it is a primary source of our food and a major export product for the island.

The species has been cultivated since prehistoric times, and throughout the globe it has naturalized in subtropical areas, primarily in coastal regions.

Coconut palms are medium-sized, solitary herbaceous plants. Although treelike in form, their trunks are composed not of wood, but of fibrous, stout, overlapping stems, and may grow to 25 m tall (80 feet), topped by a crown of pinnately compound leaves up to 4 meters (15 feet) long.

The coconut is a versatile product for domestic, commercial, and industrial uses of its different parts. The daily diet of a Sri Lankan is at least 20-30% coconut. The flesh of the coconut when dried is called copra. The oil and milk derived from it are commonly used in cooking and frying; coconut oil is also widely used in soaps and cosmetics. The clear liquid coconut water within is a refreshing beverage and can be further processed to create alcohol, commonly known as Coconut Arrack. The husks and leaves can be used as material to make a variety of products for furnishing and decorating. It also has great ayurvedic, medicinal and religious significance in Sri Lanka.

Coconut oil was once avoided because of its saturated fat composition, which was thought to raise cholesterol. However, research now suggest otherwise because of the medium-chain triglycerides (MCT), and how they are digested by humans. Since MCTs are digested quickly by the liver after consumption, it had been found that it helps to improve cardiovascular health. Coconut has now become popular as a health food, with numerous products and websites extolling its benefits.

The coconut from Sri Lanka aka Ceylon is of superior quality, taste and flavor when compared against global supply because of its naturally occurring higher beneficial fat percentage, which averages at over 72% in the coconut meat, whereas the average global fat percentage in coconut meat is 62% - 68%. Desiccated coconut, a key ingredient in the confectionary industry originating from this small island is naturally bright-white and does not need chemical bleaching or deodorizing unlike other supplier countries.

As our domestic consumption is high, at around 80% per annum, given that no meal is complete for a Sri Lankan without coconut, the amount of produce available for export is comparatively small. Hence the premium price of coconuts with Sri Lankan origin; which is ultimately reflective of higher quality and lower product availability. However, if you do source from this island, you can rest assured that you are easily getting the best coconut produce in the world.





VIRGIN COCONUT ORGANIC NATURAL COCONU ORGANIC COCONUT FLOUR ORGANIC COCONUT BUT ORGANIC COCONUT HONE ORGANIC COCONUT SUGAR ORGANIC COCONUT AMINOS ORGANIC COCONUT VINEGAR ORGANIC KING COCONUT WATER **ORGANIC COCONUT MILK & CREAM** 









**Description:** Virgin coconut oil is obtained from the mature kernel of the coconut (Cocos nucifera L.) with the application of minimal heat which does not lead to alteration of the product. It is considered to be a "solid fat" with melting properties near room temperatures. Water-like in appearance when in a liquid state. One of the cleanest tasting oils. Highest natural source of medium chain triglycerides (MCT) and Lauric Acid.

Ingredients: 100% Organic Virgin Coconut Oil.

No Preservatives, No Additives, No Artificial Flavour or Colours

Processing: Cold pressed and Unrefined.

**Colour & Appearance:** Colour 25mm cell on the Lovibond colour scale in Y+5R not deeper than 1. Clear, free from visible foreign matter.

**Food Application:** Widely used in confectionery applications as a central fat, ice cream bar coating fat, frozen whipped toppings, coffee whiteners, baby food, geriatric food, roasting oil for nut meats, calf milk replacers, sauces, cooking oil, beer flavouring, coffee flavouring, tea flavouring, cakes, cookies, chewing gum, granola bars, etc.

**Non Food Application:** Cosmetics, Body and Hair product ingredient.

#### **Dietary Info**

- Gluten free
- Lactose free
- Cholesterol free
- Suitable for Vegans
- Non-GMO

#### Storage and Shelf Life

Store in a dry place at ambient temperature and away from direct sunlight. Development of slight turbidity does not affect the wholesome quality of the product. This product will solidify and become cloudy below 24°C. Before dispensing, gradually thaw above melting point. Stable up to two years from production date.

25 servings per co Serving size	1 tbsp (15g)
Amount Per Serving Calories	130
	% Daily Value
Total Fat 14g	18%
Saturated Fat 12.5g	63%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	g <b>0</b> %
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Adde	ed Sugars 0%
Protein 0g	0%



## ORGANIC NATURAL COCONUT



























**Product Sizes & Packaging Options** 



Description: Natural coconut oil is obtained from the mature kernel of the coconut (Cocos nucifera L.) by mechanical or natural means with application of minimal heat which does not lead to alteration of the product. Considered to be a "solid fat" with melting properties near room temperatures. It is water-like in appearance when melted. One of the cleanest tasting oils. These raw materials are not produced from genetically modified organisms.

Ingredients: 100% Organic Natural Coconut Oil,

No Preservatives, No Additives, No Artificial Flavour or Colours

**Processing:** Cold pressed and Unrefined.

**Colour & Appearance:** Clear to Straw gold. Clear, free from visible foreign matter.

**Food Application:** Widely used in confectionery applications as a central fat, ice cream bar coating fat, frozen whipped toppings, coffee whiteners, baby food, geriatric food, roasting oil for nut meats, calf milk replacers, sauces, cooking oil, beer flavouring, coffee flavouring, tea flavouring, cakes, cookies, chewing gum, granola bars, etc.

**Non Food Application:** Cosmetic Manufacture, body & face moisturiser, hair care.

#### **Dietary Info**

Gluten free Lactose free Cholesterol free Suitable for Vegans Non-GMO

#### Storage and Shelf Life

Store in a dry place at ambient temperature and away from direct sunlight. Development of slight turbidity does not affect the wholesome quality of the product. This product will solidify and become cloudy below 24°C. Before dispensing, gradually thaw above melting point. Stable up to two years from production date.

25 servings per containe	
Serving size	1 tbsp (15g
Amount Per Serving Calories	130
	% Daily Value
Total Fat 14g	18%
Saturated Fat 12.5g	63%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Suga	rs <b>0</b> %
Protein 0g	0%
Not a significant source of vitamin D, calc	

## ORGANIC COCONUT FLOUR

























1 kg

**Description:** Coconut Flour is the screened food grade product obtained after drying and expelling oil from the coconut kernel. High in dietary fiber. Contains lauric acid and MCT oil. It is cholesterol free and non-trans fat and ideal as a gluten free alternative in cooking.

Ingredients: 100% Organic Coconut.

No Preservatives, No Additives, No Artificial Flavour or Colours

**Processing:** Coconut flour is a cream white powder prepared from residue of Virgin Coconut oil extraction. The residue which is cream in colour is milled to a fine powder.

**Colour & Appearance:** Cream white powder which on occasion may have brown specs from the brown shell of the coconut.

**Food Application:** Can be used to make bread, cakes, pies, cookies and other baked goods. Use to replace 15% - 50% of other flours. Can be used to thicken gravy, as a bulking agent and as an emulsifier.

#### **Dietary Info**

- Gluten free
- · Lactose free
- Cholesterol free
- Suitable for Vegans
- Non-GMO

#### Storage & Shelf Life

Store in a clean area without direct exposure to sunlight. Avoid storage in high moisture areas. Has a shelf life of 1 year when stored in a clean & dry place.

Serving size	tainer 2 tbsp (28g)
Amount Per Serving Calories	120
	% Daily Value
Total Fat 4g	5%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 11g	39%
Total Sugars 2g	
Includes 0g Added	Sugars 0%
Protein 5q	10%



## ORGANIC COCONUT BUTTER

Creamed Coconut



















**Description:** Organic Coconut Butter (Creamed Coconut) is made using organic whole ground coconut meat, and processed at a temperature under 25°C. It has a high fibre content. Over **90%** of coconut butter is composed of heart healthy medium-chain triglycerides (MCT); of which, more than 56% is lauric acid. A healthy gluten free and dairy free option.

Ingredients: 100% Organic Coconut.

No Preservatives, No Additives, No Artificial Flavour or Colours

**Processing:** Mechanical process by grinding to become paste.

**Colour & Appearance:** Cream White. Thick and creamy. Spreadable at room temperature.

**Food Application:** Frying, baking, confectionary, as a spread or simply eat off the spoon.

#### **Dietary Info**

- Gluten free
- Lactose free
- Cholesterol free
- Suitable for Vegans
- Non-GMO

#### Storage & Shelf Life

Store in a clean area without direct exposure to sunlight. Avoid storage in high moisture areas. Best used within 24 months from production date.

Natural coconut products will solidify at temperatures under 24°c. Stir well before use. If solid submerse in warm water or heat mildly. Separation of oil and coconut meat is normal.

Nutrition usually 10 servings per	
Serving size	1 tbsp (15g)
Amount Per Serving Calories	100
	% Daily Value
Total Fat 10g	13%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 1g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sug	gars 0%
Protein 1g	2%
Not a significant source of cholesterol, iron, and potassium	, vitamin D, calcium,
*The % Daily Value (DV) tells you how serving of food contributes to a daily day is used for general nutrition advice	diet. 2,000 calories a



## ORGANIC COCONUT HONEY

















**Description:** 100% Organic Coconut Honey / Syrup / Nectar is organically produced from sap of coconut blossoms in organically grown coconut estates in Sri Lanka.

Ingredients: 100% Organic Coconut Sap.

No Preservatives, No Additives, No Artificial Flavour or Colours

**Processing:** 100% Natural coconut sweet syrup obtained from coconut sap.

**Colour & Appearance:** Dark brown liquid (Similar to maple syrup).

**Food Application**: Natural sugar substitute, baking, sweetener.

#### **Dietary Info**

- Gluten free
- Lactose free
- Cholesterol free
- Suitable for Vegans
- Non-GMO
- Refined Sugar free

#### Storage & Shelf Life

Store in a clean area without direct exposure to sunlight. Avoid storage in high moisture areas. Has a shelf life of 24 months when stored in a clean & dry place.

Serving size	1 tbsp (15g)
Amount Per Serving Calories	40
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 5mg	0%
Total Carbohydrate 10	)g <b>4</b> %
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Adde	d Sugars 0%
Protein 0g	1%

## ORGANIC COCONUT SUGAR























**Description:** Organic Coconut Sugar is made from the sap of organic coconut palms, by tapping the sweet nectar from the coconut flowers and thereafter heating and condensing the liquid into crystal form.

Ingredients: 100% Organic Coconut Sap

No Preservatives, No Additives, No Artificial Flavour or Colours and No Added Sugar.

**Processing:** Organic coconut sap, heated until solid form and crystalised.

**Colour & Appearance:** Light golden brown or brown, granular (Similar to light brown sugar).

**Food Application:** All purpose sweetener, for general use with beverages, baking, glazing. Lower Gl than refined sugar.

#### **Dietary Info**

- Gluten free
- Lactose free
- Cholesterol free
- Suitable for Vegans
- Non-GMO
- Sugar free

#### Storage & Shelf Life

Store in a clean area without direct exposure to sunlight. Avoid storage in high moisture areas. Best to Use within 12 months from production date.

Serving size	ainer 1 tbsp (14g)
Amount Per Serving Calories	50
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 0g Added	Sugars 0%
Protein 0g	0%
Not a significant source of choles iron, and potassium	erol, vitamin D, calcium,



**Description:** Our Organic Coconut aminos are a delicious natural seasoning sauce made from coconut sap. It is dark, rich, salty and slightly sweet in flavour. It resembles a light soy sauce or tamari (wheat free soy sauce), but it is soy free and gluten free – making it the perfect replacement for specific dietary needs.

**Ingredients:** Organic coconut sap honey, organic coconut vinegar, onion, garlic, sea salt and spices.

**Processing**: The coconut sap honey and ingredients are fermented and aged for 3 months in a vat. Other ingredients are added based on specific flavouring and then pasteurized.

Colour & Appearance: Dark brown Liquid

**Food Application:** Cook, marinate, salad dressing, sautés, use as a condiment and as a gluten free soy free alternative.

#### **Dietary Info**

- Gluten free
- Soy free
- Lactose free
- Cholesterol free
- Suitable for Vegans
- Non-GMO

#### Storage & Shelf Life

Store in a clean area without direct exposure to sunlight. Avoid storage in high moisture areas. Best used within 24 months from production date.

Nutrition In 16 servings per contain	
Serving size	1 tbsp (15g)
Amount Per Serving Calories	20
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0.12g	1%
Trans Fat 0g	
Sodium 135mg	6%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added S	ugars 0%
Protein 0g	1%
Not a significant source of cholester iron, and potassium	ol, vitamin D, calcium,
*The % Daily Value (DV) tells you h serving of food contributes to a dai day is used for general nutrition ad	ly diet. 2,000 calories a



## ORGANIC COCONUT VINEGAR

















**Description:** Coconut Water Vinegar is naturally fermented and matured from 6 to 12 months. Our vinegar is gluten free, non-toxic, hypoallergenic, cholesterol free and low in sodium. Being one of the oldest health foods, fermented vinegar has a variety of nutritional benefits and uses.

Ingredients: Aged coconut water & sugar.

**Processing:** Coconut water is fermented with sugar and simply left to ferment in speciality wooden barrels up to 6 to 12 months

Colour & Appearance: Cream smoky white

Food Application: Cook, marinate, pickling & salad dressing.

#### **Dietary Info**

- Gluten free
- Lactose free
- Cholesterol free
- Suitable for Vegans
- Non-GMO

#### Storage & Shelf Life

Store in a clean area without direct exposure to sunlight. Avoid storage in high moisture areas. Best used within 36 months from production date.

Nutrition	racis
16 servings per con	tainer
Serving size	1 tbsp (15g)
Amount Per Serving Calories	0
<i>f</i> -	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added	Sugars 0%
Protein 0g	0%
Not a significant source of vitami potassium	n D, calcium, iron, and
*The % Daily Value (DV) tells yo serving of food contributes to a day is used for general nutrition	daily diet. 2,000 calories a



## ORGANIC KING COCONUT

















**Description:** Organic King Coconut Water is derived from Thembili, a variety of coconut native to Sri Lanka. It is often used in Ayurveda along with aralu (Myrobalans) powder to "expel heat from the body", therefore resulting in a feeling of freshness.

Ingredients: 100% Organic King Coconut.

No Preservatives, No Additives, No Artificial Flavour or Colours & No Added Sugar.

**Processing:** The water extracted for organic king coconut and pasteurized.

Colour & Appearance: Transparent with a slight mist (Colour may vary).

Food Application: Beverage.

**Non Food Application: None** 

#### **Dietary Info**

- Gluten free
- Lactose free
- Cholesterol free
- Suitable for Vegans
- Non-GMO

#### Storage & Shelf Life

Store in a clean area without direct exposure to sunlight. Avoid storage in high moisture areas. Best used within 12 months from production date.

200 m
60
% Daily Value
1%
0%
0%
4%
0%
0%
0%
D, calcium,













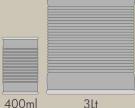








**Product Sizes & Packaging Options** 



**Description:** Our Organic Coconut Milk and Cream is extracted from the meat of grated organic coconut. It is low in carbohydrates and gluten and is lactose free. Excellent dairy substitute.

We are able to manufacture at different fat percentages from 6% to 30%, based on customer preference. The higher the fat percentage, the product will be similar to a heavy cream.

Ingredients: 100% Organic Coconut kernel.

No Artificial Preservatives, No Artificial Additives, No Artificial Flavour or Colours & No Added Sugar.

**Processing:** Homogenizing & Retorting

Colour & Appearance: White Liquid, similar to fresh milk

**Food Application:** Suitable for baking, as a thickening agent, dairy substitute, ice cream & desserts, curries and gravies.

#### **Dietary Info**

Gluten free Lactose free Cholesterol free Suitable for Vegans Non-GMO

#### Storage & Shelf Life

Store in a clean area without direct exposure to sunlight. Avoid storage in high moisture areas. Best used within 24 months from production date. Refrigerate after opening. Use within 3 days of opening.

Natural coconut products will solidify at temperatures under 24°c. It is also natural for separation to occur. Shake well before use, if solid submerse in warm water or heat mildly.

#### Organic Coconut Milk Organic Coconut Cream

<b>Nutrition Fac</b>	ets
4 servings per container Serving size	100 m
Amount Per Serving Calories	160
	% Daily Value
Total Fat 17g	22%
Saturated Fat 14g	70%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber < 1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	3%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

<b>Nutrition Fac</b>	cts
4 servings per container	
Serving size	100 ml
Amount Per Serving Calories	290
	% Daily Value*
Total Fat 30g	38%
Saturated Fat 25g	125%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber < 1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	6%

"The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.

## PRODUCT PACKAGING

	UNITS/ CASE	Carton Dimensions L x W x H (cm)	Cartons / Pallet	Units/ Pallet	Units/ 20' FCL
q	24	36x28x15	256	6,144	61,440

GLASS JAR - LUG CAP -150ml/g



Products: Organic Virgin Coconut Oil

Organic Natural Coconut Oil

Organic Coconut Butter Organic Coconut Honey

GLASS JAR - LUG CAP - 300ml/g



37x29x19

60

1,440

14,400



Products: Organic Virgin Coconut Oil

Organic Natural Coconut Oil

Organic Coconut Butter

Organic Coconut Honey

GLASS JAR - LUG CAP - 500ml/q





24

36x28x15

72

864 8,640







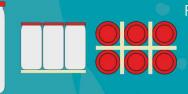
Products: Organic Virgin Coconut Oil

Organic Natural Coconut Oil

Organic Coconut Butter Organic Coconut Honey

#### Carton UNITS/ Units/ Cartons Units/ **Dimensions** CASE / Pallet Pallet 20' FCL LxWxH(cm) 6 36x28x15 72 432 4,320

GLASS JAR - LUG CAP -1000ml



Products: Organic Virgin Coconut Oil Organic Natural Coconut Oil

Organic Coconut Honey

GLASS BOTTLE - LUG CAP - 375ml



Products: Organic Virgin Coconut Oil Organic Natural Coconut Oil Organic Coconut Honey

12

12

27x21x16

29x22x24

160

60

1,920

720

19,200

7,200

GLASS BOTTLE - LUG CAP -200ml





Products: Organic King Coconut Water

## PRODUCT PACKAGING

12

UNITS/ CASE	Carton Dimensions L x W x H (cm)	Cartons / Pallet		Units/ 20' FCL
12	32x22x20	120	1,440	14,400

GLASS BOTTLE - LUG CAP -350ml







Products: Organic King Coconut Water

GLASS BOTTLE -PLASTIC SCREW CAP -250ml





Products: Organic Coconut Vinegar

21x16x23

Organic Coconut Aminos

GLASS BOTTLE -PLASTIC SCREW CAP -375ml



25x18x25 12

150

150

1,800 18,000

1,800

18,000

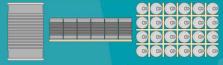




Organic Coconut Vinegar Products: Organic Coconut Aminos

#### Carton UNITS/ Cartons Units/ Units/ **Dimensions** CASE / Pallet Pallet 20' FCL LxWxH(cm) 14,400 47x32x14 1,440 24 60

EASY OPEN CAN - 400ml



Products: Organic Coconut Milk

**Organic Coconut Cream** 

KRAFT BOX - INNER POLY BAG - 100g & 250g



12 36x28x15 96 1,152 11,520

Products: Organic Coconut Chips Organic Coconut Sugar

ZIP LOCK POUCH - 250g, 500g &1kg





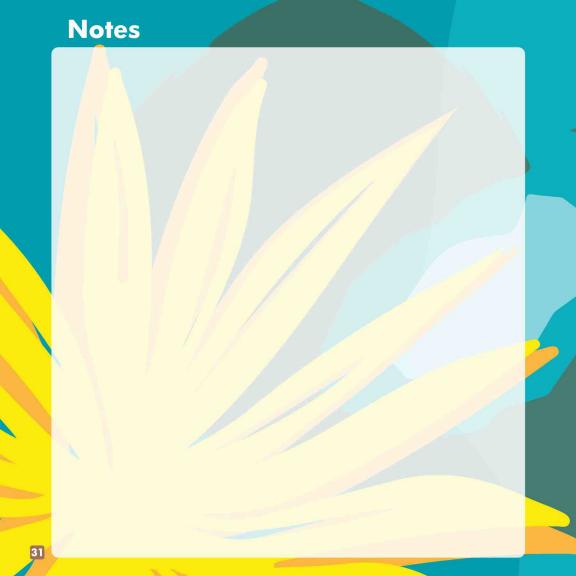


 12
 48x29x18
 96
 1,152
 11,520

 8
 48x29x18
 96
 768
 7,680

Products: Organic Coconut Flour

Organic Coconut Chips Organic Coconut Sugar



#### Ceylon Coconut Company (Pvt) Ltd

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Notes











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