

10 facts about coconut oil



You may have heard claims that coconut oil can help prevent or treat Alzheimer's disease. It's important to understand that these claims are based on individual stories from a small number of people and have not been evaluated scientifically. This fact sheet presents some basic information about coconut oil that should be considered before making a decision about Alzheimer's therapy. This information is not intended as medical advice, and a healthcare professional should always be consulted before taking an untested dietary supplement such as coconut oil.

>1 The effectiveness of coconut oil is unproven.

There have been no clinical trials testing coconut oil for the treatment of Alzheimer's disease.

>2 There are no standard "dosing" recommendations for coconut oil.

Specific "dosing" for coconut oil is unknown; however, some sources recommend up to 8 tablespoons per day.¹

>3 The safety of coconut oil is unknown.

The makers of coconut oil are not required to provide the Food and Drug Administration (FDA) with evidence of its safety or long-term effects.²

>4 The purity of coconut oil is unknown.

Coconut oil supplements do not require medical supervision.

>5 Medical claims cannot be made about coconut oil.

Both foods and supplements are forbidden by the FDA from making claims about Alzheimer's disease or other diseases.

>6 Coconut oil may interact with prescribed medications.

Possible interactions are unknown because coconut oil has not been clinically tested. You should not take a supplement without first consulting a physician.²

>7 Coconut oil may be harmful to the heart and blood vessels.

Coconut oil has more saturated fat than lard; therefore, in the absence of exercise, it could be detrimental to the cardiovascular system.³

>8 Coconut oil can be difficult to take.

Coconut oil is a solid at room temperature; therefore, it can be difficult to consume or mix with cool drinks.

>9 Coconut oil is high in calories.

One tablespoon of coconut oil contains 115 calories. When "doses" are 4 to 8 tablespoons or more per day, this can add up to almost 50% of the recommended daily calorie intake.¹

>10 Coconut oil can be expensive at "recommended doses."

At recommended amounts of coconut oil (up to 8 tablespoons, or 4 ounces, per day), one month's supply can cost more than \$80 (based on \$39.49 per 54-ounce jar).