



Coconuts

# Coconut Research Center

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Red Palm Fruit

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## Coconut 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.

Is there enough evidence to support the health claims attributed to coconut? [Go here for the answer.](#)

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## Coconut Oil

### Antimicrobial Effects

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Addition of a combination of onion (*Allium cepa*) and coconut (*Cocos nucifera*) to food of sheep stops gastrointestinal helminthic infections. *Parasitol Res.* 2011 Apr;108(4):1041-6. Epub 2010 Dec 1.

A study of the clinical activity of a gel combining monolaurin and doxycycline: a novel treatment for herpes labialis. *J Oral Pathol Med.* 2011 Apr 30.

Short- and medium-chain fatty acids exhibit antimicrobial activity for oral microorganisms.

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"Coconut oil is the healthiest oil on earth."  
-Bruce Fife, N.D.

"Coconut oil is the healthiest oil you can use."  
-Joseph Mercola, D.O.

[Coconut oil is the world's only natural low-calorie fat.](#)

[Why has coconut oil had a bad reputation in the past? It's not what you might think. The reason has nothing to do with science or with health.](#)

Arch Oral Biol. 2011 Jul;56(7):650-4. Epub 2011 Feb 17.

Treatment of fresh poultry carcasses with emulsions of glycerol monocaprinate (monocaprin) to reduce contamination with *Campylobacter* and psychrotrophic bacteria. Br Poult Sci. 2011 Feb;52(1):11-9.

Killing of *Campylobacter* on contaminated plastic and wooden cutting boards by glycerol monocaprinate (monocaprin). Lett Appl Microbiol. 2010 Sep;51(3):319-24. Epub 2010 Jul 8.

Antibacterial study of the medium chain fatty acids and their 1-monoglycerides: individual effects and synergistic relationships. Pol J Microbiol. 2009;58(1):43-7.

Antimicrobial property of lauric acid against *Propionibacterium acnes*: its therapeutic potential for inflammatory acne vulgaris. J Invest Dermatol. 2009 Oct;129(10):2480-8. Epub 2009 Apr 23.

The antimicrobial activity of liposomal lauric acids against *Propionibacterium acnes*. Biomaterials. 2009 Oct;30(30):6035-40. Epub 2009 Aug 8.

The Effect Of Virgin Coconut Oil Supplementation For Community-Acquired Pneumonia In Children Aged 3 To 60 Months Admitted At The Philippine Children's Medical Center: A Single Blinded Randomized Controlled Trial, CHEST, October 29, 2008

Anticoccidial versus ruminal defaunation efficacy of medium chain triglyceride depending on delivery route in calves. J Vet Med Sci. 2009 Sep;71(9):1243-5.

Diet supplemented with MCT oil in the management of childhood diarrhea. Asia Pac J Clin Nutr. 2007;16(2):286-92.

Novel antibacterial activity of monolaurin compared with conventional antibiotics against organisms from skin infections: an in vitro study. J Drugs Dermatol. 2007 Oct;6(10):991-8.

Virucidal activities of medium- and long-chain fatty alcohols and lipids against respiratory syncytial virus and parainfluenza virus type 2: comparison at different pH levels. Arch Virol. 2007;152(12):2225-36. Epub 2007 Sep 22.

In vitro antimicrobial properties of coconut oil on *Candida* species in Ibadan, Nigeria. J Med Food. 2007 Jun;10(2):384-7

Antimicrobial activity of monocaprin: a monoglyceride with potential use as a denture disinfectant. Acta Odontol Scand. 2006 Feb;64(1):21-6.

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Antibacterial effect of caprylic acid and monocaprylin on major bacterial mastitis pathogens. J Dairy Sci. 2005 Oct; 88(10):3488-95.

Medium-chain fatty acids decrease colonization and invasion through *hilA* suppression shortly after infection of chickens with *Salmonella enterica* serovar Enteritidis. Appl Environ Microbiol. 2004 Jun;70(6):3582-7.

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## Cancer

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The ketogenic diet reverses gene expression patterns and reduces reactive oxygen species levels when used as an adjuvant therapy for glioma. *Nutr Metab (Lond).* 2010 Sep 10;7:74.

Growth of human gastric cancer cells in nude mice is delayed by a ketogenic diet supplemented with omega-3 fatty acids and medium-chain triglycerides. *BMC Cancer.* 2008 Apr 30;8:122.

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Influence of dietary medium-chain triglycerides on the development of N-methylnitrosourea-induced rat mammary tumors. *Cancer Res.* 1984 Nov;44(11):5023-8.

## Cardiovascular Health

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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.

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A good response to oil with medium- and long-chain fatty acids in body fat and blood lipid profiles of male hypertriglyceridemic subjects. *Asia Pac J Clin Nutr.* 2009;18(3):351-8.

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Dietary medium-chain triglycerides can prevent changes in myosin and SR due to CPT-1 inhibition by etomoxir. *Am J Physiol.* 1995 Sep;269(3 Pt 2):R630-40.

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## Diabetes

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Coconut oil is associated with a beneficial lipid profile in pre-menopausal women in the Philippines. *Asia Pac J Clin Nutr.* 2011;20(2):190-5.

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## **Digestion and Nutrient Absorption**

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## **Epilepsy, Alzheimer's, and other Neurological Disorders**

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## Malabsorption Syndromes

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## Coconut Water Studies

Coconut water is the liquid endosperm found inside the coconut shell. Coconut milk is the juice extracted from the solid endosperm (kernel) of the coconut. Some writers make no distinction between coconut water and coconut milk, although the character, physical, and chemical properties of the two are very different. All of the studies in this section involve coconut water. References to coconut milk in the following studies are actually referring to coconut water.

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