



Rainforest  
Herbs®



*Organic Coconut Flower Syrup & Sugar is made by small-scale farmer cooperatives established to assist low income families in sustainable cultivation, organic standards and quality processing techniques. Certified USDA-NOP, EU & JAS, HACCP, Halal*

*The United Nations' Food and Agriculture Organization named coconut sugar the most earth friendly sustainable sweetener in the world as the trees use minimal water and fuel and produces for 20 years. It has no artificial ingredients and is not chemically altered in any way.*



## Organic Coconut Flower Sugar for all your healthy cooking needs

Organic Coconut Flower Sugar or coconut nectar is the naturally sweet, nutrient rich “sap” that flows from the coconut flower. Every 12 hours the fresh sap is collected and gently heated, reducing the nectar by one quarter, producing a sweet aroma and beautiful caramel-colored thick liquid, **Coconut Flower Syrup**. This syrup may be further dried in trays and left to crystallize. This crystallized sugar is then granulated, resulting in pure, delicious organic **Coconut Flower Sugar**.

### What's the problem with modern sugars?

The issues regarding the negative health effects of sugar is the effect they have on blood sugar and fat storage. Up until even 80 years ago our predecessors consumed very little sugar by today's standards. Global obesity and the epidemic in diabetes and hypertension is directly linked to our exponential increase in refined sugar consumption. This problem has been worsened by the abundance of low fat but highly sweetened processed foods that have been sold as a healthy alternative to natural unprocessed foods.

For centuries, coconut sugar has been the main sweetener used in tropical Asian cooking. It is rich in 17 amino acids, minerals, and vitamin C; has a broad spectrum of B vitamins (Vitamin B1, B2, B3 and B6); and is high in potassium, magnesium, zinc, and iron. It also has a high content of inulin, a prebiotic fiber, which feeds our intestinal flora and helps boost digestive and immune functions. Coconut flower sugar has 400 x more potassium than white sugar and 15 x more than brown sugar.

### Coconut Sugar and the Glycemic Index

The Glycemic Index (GI) is a ranking of how carbohydrates in foods affect blood glucose levels. Low GI foods are more slowly absorbed and metabolised and cause a slower rise in blood glucose and insulin levels, thus having benefit in weight management and diabetes.

**Low** = GI value 55 or less

**Medium** = GI value of 56 – 69

**High** = GI 70 or more

The GI of coconut flower sugar is only 35 for granulated coconut sugar and 39 for coconut syrup, both low glycemic sugars that produces a slow energy release, sustaining you through daily activity without blood sugar spikes. All sugarcane and corn syrup based sweeteners, refined white sugar, brown sugar etc. have a medium to high glycemic index rating of between 65 to 100 per serving. Pure glucose is 100 on the scale, with high-fructose corn syrup at 81. Coconut Sugar has the lowest GI (the same as a raw carrot) making it healthiest sugar on the planet.



### ORGANIC COCONUT FLOWER SYRUP

Because this natural dark syrup is a nutritionally complex matrix of sugars, minerals, vitamins and amino acids it breaks down gradually producing a slow energy release, helping to sustain your body through daily activities rather than being quickly stored as fat.

**Ingredients:** 100% whole food made from sustainably harvested evaporated coconut nectar from organically grown coconut trees.

**Uses:** At a low GI of 39 it is the healthiest alternative to replace processed syrups (GI of 64) or honey (GI of 58) in any recipe. Delicious on pancakes or on your favourite desserts!

Contents: 350ml

### ORGANIC COCONUT FLOWER GRANULATED SUGAR

At a GI of 35 our granulated coconut sugar is the lowest of all natural sugars and almost half the GI of white sugar, brown sugar, raw sugar or castor sugar (GI of 65).

**Ingredients:** 100% whole food made from sustainably harvested & granulated coconut nectar from organically grown coconut trees.

**Uses:** Coconut Sugar can be used to replace white sugar in any recipe on a 1:1 basis and as a natural sweetener in tea, coffee, smoothies and baking. Because of its natural caramel taste it goes great in brownies, cakes and chewy cookies. When combined with Coconut Flour and Virgin Coconut Oil then you can produce hundreds of delicious healthy low glycemic and gluten free recipes and baked goods.

Available in individual ziplock packs of 350gms or 5kg bulk packaging.

### WHY USE COCONUT SUGAR?

- **Low glycemic for weight loss and blood sugar control**
- **Supports healthy digestion with natural prebiotics**
- **Used for thousands of years in Southeast Asian cooking**
- **Rich in minerals; potassium, sodium & magnesium**
- **Rich in B vitamins, amino acids & phytonutrients**
- **Can replace white sugar in all dishes 1:1**
- **Organic certified & earth friendly**
- **Tastes great with a slight caramel flavor**
- **Great for baking and desserts!**

### NUTRITIONAL COMPARISON

| Macro-nutrients (mg / l – ppm, dry) | Coconut Sugar | Brown Sugar | White Sugar |
|-------------------------------------|---------------|-------------|-------------|
| Nitrogen (N)                        | 2020          | 100         | 0           |
| Phosphorus (P)                      | 790           | 30          | 0.7         |
| Potassium (K)                       | 10,300        | 650         | 25          |
| Calcium (Ca)                        | 60            | 240         | 60          |
| Magnesium (Mg)                      | 290           | 70          | 10          |
| Sodium (Na)                         | 450           | 20          | 10          |
| Chlorine (Cl)                       | 4700          | 180         | 100         |
| Sulfur (S)                          | 260           | 130         | 20          |
| Boron (B)                           | 6             | 0           | 0           |
| Zinc (Zn)                           | 21            | 2           | 1.2         |
| Manganese (Mn)                      | 1             | 2           | 0           |
| Iron (Fe)                           | 22            | 0.6         | 0.6         |
| Copper (Cu)                         | 2             | 12.6        | 1.2         |

Source: COMPARISON OF THE ELEMENTAL CONTENT OF 3 SOURCES OF EDIBLE SUGAR

For more information please visit

[www.rainforestherbs.com](http://www.rainforestherbs.com)

[www.coconutoilmalaysia.com](http://www.coconutoilmalaysia.com)

