



MAMALLAN **Cold Pressed Oil**

COCONUT OIL, GROUNDNUT OIL & SESAME OIL
(100% Traditional Method)

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MAMALLAN COLD PRESSED OIL

COCONUT OIL

What are the Coconut Oil Benefits?

Coconut oil acts as a lubricant to the gut wall lining, which is optimal for those with IBS/IBD-C. It supports the immune system. Coconut oil contains and microbial lipids, lauric acid, carpic acid and caprylic acid which have anti-fungal, antibacterial and antiviral properties. Coconut oil contains external healing properties (dry skin, cuts). It is one of the few oils that can be safely heated to high temperatures, which makes it optimal for cooking, sautering and baking alike. Coconut oil is stable enough to resist heat-induced damage (aka it won't go rancid). It is chyrold stimulating. Has the ability to kill off candida. Coconut oil has been known to lower cholesteareal (due to the lauric acid). It can keep diabetes in check. Might help control heart disease. It's nourishing for the brain. May help with those who have gastrintestinal malabcorption. Could help with weight loss (Due to the MCT's medium chain triglycerides).



- ❖ Treatment of Alzheimer's Disease
- ❖ Treat Urinary Tract Infections
- ❖ Immune System Boost.
- ❖ Improve Memory and Brain Function.
- ❖ Gallbladder Disease and Pancreatitis.
- ❖ Weight Loss
- ❖ Cancer Prevention and Treatment
- ❖ Boosts Digestion
- ❖ Prevents Candida
- ❖ Prevents Heart Disease and High Blood Pressure.

MAMALLAN COLD PRESSED OIL

GROUNDNUT OIL

Benefits of Groundnut Oil

Reduces Risk of Heart Diseases.

Improves Blood Sugar Control.

Prevents Gall Bladder Stone.

Lowers Cancer Risk.

Boosts Metabolism.

One of the Healthiest Cooking Oils.



- ❖ Healthier substitute for refined oils
- ❖ Fresh full grained groundnuts chosen for the best aroma
- ❖ No-chemical production and storage
- ❖ Natural clarification without refining and nutrients intact
- ❖ Food's natural flavour will remain unaltered
- ❖ Quality is a matter of conscience. Made with pride by a farmer.

The nutty flavored, Naturally rich **Groundnut Oil** is the smartest choice for deep frying due to its high smoking point.

Healthy Yet Tasty!!

Use it for making crispy Dosas, deepfrying items like Pooris, Vadas and other Traditional and Modern Snacks and Sweets.

MAMALLAN COLD PRESSED OIL

SESAME OIL

Benefits of Sesame Oil

- ❖ Nourishes Hair Follicles.
- ❖ Enhances Hair Growth
- ❖ Maintains Healthy Scalp
- ❖ Retains Natural Hair Color
- ❖ Covers Grey Hair Naturally
- ❖ Prevent Hair From Sun Damage
- ❖ Effective Lice Treatment
- ❖ Soothes Scalp
- ❖ Controls Dandruff
- ❖ Prevents Hair Fall



Cold Pressed Sesame Oil

- Antioxidants ● Prevention of hangover ● Diabetes
- Skin care ● Rheumatoid Arthritis ● Oral Health
- Common Cold ● Dandruff ● Lowering Sodium ● Calcium
- Stress prevention ● Cancer prevention ● Relieve constipation ● Infant massage ● Respiratory Health.

Health Benefits of Sesame Oil

Helps in treats premature graying of hair. Helps to Fight Stress and Depression. Helps to fight maintaining good skin health. Helps in lowering of blood pressure. Acts as a natural anti-inflammatory agent. Oil Pulling for improving oral health. Helps in detoxification of skin. Helps in preventing diabetes. Helps in Rheumatoid Arthritis. Helps in natural cure for anemia.