



**Your Vegetable Oil For Better Health**  
*Palm.*

*The Wholesome, Nutritious,  
Trans-Fat-Free Oil*

The American Palm Oil Council is dedicated to bringing all the goodness of the Palm to the marketplace.

Palm oil is packed with nutrients that contribute to your daily energy needs. Palm oil provides a valuable source of beta carotene and vitamin E.

Studies have found that tocopherols and tocotrienols, which are isomers of vitamin E found in palm oil, are antioxidants and may be associated with more favorable cholesterol profiles, and lower risk of heart disease and some types of cancer.

**APOC**  
**AMERICAN PALM OIL COUNCIL**

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