



Fractionated Coconut Oil

- **Made by:** Removing long-chain fatty acids from coconut oil
- **Contains:** Only medium-chain triglycerides (MCTs), mostly caprylic and capric acid—not lauric acid
- **Stays liquid at all temperatures**
- **Benefits:** Lighter feel, doesn't clog pores, odorless, longer shelf life
- **Best for:** Carrier oil in essential oil blends, massage oil, skincare, hair treatments

✦ Summary:

- Use solid coconut oil for oral care because of the lauric acid (it fights bacteria like *Streptococcus mutans*, a key player in plaque buildup).
- Use fractionated coconut oil for topical essential oil blends or anything you want to stay liquid and smooth.

Your instinct to use the solid kind for tooth powder was spot on. If you'd like, I can also turn your current recipe into a labeled card to keep with your wellness tools!

Solid (Virgin or Unrefined) Coconut Oil

- **Made from:** Cold-pressed raw coconut meat
- **Contains:** Both long-chain and medium-chain fatty acids (including lauric acid)
- **Melts at:** About 76°F (so it solidifies in cooler temps)
- **Benefits:** Lauric acid is what gives it strong antimicrobial, antifungal, and anti-inflammatory properties—great for oral health, healing salves, and cooking
- **Scent:** Has a natural coconut aroma
- **Best for:** Toothpaste, skin healing, oil pulling, baking

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