

Malaysian Palm Oil Board (MPOB) has taken an effort to compile and update the health facts on palm oil to reflect the knowledge obtained from current research findings, and present in a simple language for the understanding of readers.

This booklet is presented to highlight 16 important health facts of palm oil and these have been reviewed by MPOB International Advisory Panel for Nutrition (IAPN) which consists of internationally renowned nutrition and health experts.

# PALM OIL HEALTH FACTS



M P O B

MALAYSIAN PALM OIL BOARD

Ministry of Plantation Industries and Commodities, Malaysia

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