

COCONUT OIL

VERSUS

MINERAL OIL

For Baby Skin



1 Coconut oil contains essential fatty acids such as lauric acid that have antimicrobial and anti-inflammatory properties.



2 When compared to mineral oil, preemies massaged with coconut oil showed better weight gain.



3 Coconut oil may be applied to a baby's face or over small nicks and cuts.



4 It is comparable to mineral oil as a barrier-creating agent to prevent skin dryness.



5

**NON
TOXIC**



It is not toxic if accidentally consumed by the baby (coconut oil is edible and safe if the baby ingests a small amount of it).

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It may be more effective in relieving skin conditions such as eczema than mineral oil.



References:

1. Comparison of antibacterial efficacy of coconut oil and chlorhexidine on *Streptococcus mutans*; National Institutes of Health
2. The effect of topical virgin coconut oil on SCORAD index, transepidermal water loss, and skin capacitance in mild to moderate pediatric atopic dermatitis; Wiley Online Library
3. Preterm Infant Massage Therapy Research; National Institutes of Health
4. Coconut products; Coconut Development Board