

ITEM #13182
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Non GMO



Excellent Energy Source*
100% Vegetarian/Vegan Formula

NET WT. 16 oz. Dietary Supplement



**Organic
Extra Virgin**

**COCONUT
OIL**



Supplement Facts

Serving Size 1 Tbsp. (13 g)

Servings Per Container about 35

Amount Per Serving		%Daily Value
Calories	120	
Calories from Fat	120	
Total Fat	14 g	21%**
Saturated Fat	12 g	58%**
Monounsaturated Fat	0.5 g	***

**Percent Daily Values are based on a 2,000 calorie diet.

***Daily Values not established.

Ingredient: Organic Coconut Oil.

**No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives,
No Lactose, No Soy, No Egg, No Corn, No Grapefruit,
No Fish, No Sweetener, No Sugar, No Starch, No Preservatives,
No Artificial Color, No Artificial Flavor, No Sodium.**

***These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

Note: If stored below 76 degrees (F) oil will solidify. If exposed to temperatures above 76 degrees (F) oil will liquify.

Directions: Use 1 tablespoon or as directed by a health care practitioner. Can be used as a substitute for other oils, including butter. Use in cooking, baking, as a spread or in smoothies.

The sweet aroma and rich taste of coconuts can be yours with Extra Virgin Coconut Oil. This versatile oil is made from organically grown coconuts and can be used on salads, in sauces, or for cooking. Coconut Oil, a natural energy source, is a saturated fat that contains three medium chain fatty acids: lauric acid, capric acid and caprylic acid. Medium-chain fatty acids (MCTs) are oxidized differently in the body than other fats, making Coconut Oil a readily available energy source, especially for muscle.*

Extra Virgin Coconut Oil is not deodorized, which means you receive only pure, unrefined coconut oil - nothing more! Take Extra Virgin Coconut Oil home today and discover the appetizing ways you can enjoy this gift from the tropics!

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store unopened container in a cool, dry place and avoid excessive heat. Refrigerate after opening. Do not use if seal under cap is broken or missing.

Manufactured by Good 'N Natural®, Bohemia, NY 11716 USA
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