

EfaGold[®] * Coconut Oil contains 62% MCTs — medium chain “good fats” the body uses to produce energy. As a dietary supplement, Coconut Oil is a good addition to physical activity, exercise and weight loss programs.

- Certified Organic, Non-GMO
- Pure Extra Virgin
- Cold Pressed, Hexane-Free
- Unrefined, Non-Bleached
- Zero Trans & Hydrogenated Fat
- Delicious, Creamy Taste

Recommendation: As a supplement, take 1 tablespoon 1-4 times daily. May be used as a spread or added to salad dressings & smoothies.

For Cooking: Use in place of butter, margarine, shortening or other cooking oils for baking or frying in temperatures up to 350°F.

For Skin Care: Use as a moisturizing lotion. Place jar in warm water to liquefy, then massage small amounts onto the skin.

For Hair Care: Use as a conditioner. Place jar in warm water to liquefy, then apply 2 teaspoons to hair 1 to 2 hours before washing.



Store in a cool, dry place. Do not use if inner freshness seal is broken or missing. No refrigeration required, even after opening. Solid at room temperature. Naturally melts and becomes liquid at 76°F. Returns to solid when cooled.



Good for
Cooking



EfaGold[®] Coconut Oil

PURE EXTRA VIRGIN

Natural Energy Source

ORGANIC

with 62% MCTs

DIETARY SUPPLEMENT NET WT. 16 OZ.

Supplement Facts

Serving Size 1 Tablespoon (14 g)
Servings Per Container 32

Amount Per Serving	% Daily Value	
Calories	130	
Calories from Fat	130	
Total Fat	14 g	22%†
Saturated Fat	13 g	67%†
Polyunsaturated Fat	<0.5 g	**
Monounsaturated Fat	<1 g	**
Medium Chain Fatty Acids	9 g (8,694 mg)	**
Lauric Acid	7 g (6,657 mg)	**
Caprylic Acid	1 g (1,043 mg)	**
Capric Acid	994 mg	**

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

**Daily Value not established.

Ingredients: Organic Extra Virgin Coconut Oil

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Certified Organic by OCPP/Pro-Cert

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