

Premium Quality • Extra Virgin

Dr. LaMar's Premium Quality Pure Coconut Oil is made from organic, fresh coconuts and is processed with no chemicals or high heat. A wet-milling cold-process method of extraction is used.

Our virgin grade coconut oil is rich in lauric acid, considered a functional food source, and contains no trans fatty acids. The oil melts at 76°F, becoming a clear liquid that tastes great! Below this temperature, it solidifies into a creamy white solid.

Use With Confidence

- When you bake, simply use it in place of other oils in recipes that call for butter, shortening, margarine or vegetable oils. Try our premium quality pure coconut oil in your cookies, cakes, muffins, pie crusts and pancake batter. Taste the difference.
- Use as a spread on bread as a replacement for margarine and enjoy the flavor!
- It is also highly valued as an ingredient for soaps and lotions. It can be applied directly to your skin for moisturizing and conditioning.
- Premium quality pure coconut oil is very stable, so it doesn't need to be refrigerated.

Healthier Fried Food

For frying, nothing beats pure virgin coconut oil. It isn't absorbed into food like other oils. It doesn't splatter as much and it can be used over again with the same great flavor. To re-liquefy, put container in a pan of warm water. Brown sediments are natural in this unrefined product. Store away from sunlight.

Pure Coconut Oil Premium Quality



“The Low Calorie Fat That's GOOD For You”

24 Ounces (1½ Pounds)

Serving Size: 1 Tablespoon

Servings Per Container: 43

Amount/Serving:

Nutritional Facts:

Calories: 117 Fat Calories: 117 %D/V

Total Fat 14 g 22%

Cholesterol 0 mg 0%

Sodium 0 mg 0%

Total Carbs 0 mg 0%

Protein 0 mg

%D/V based on a 2,000 calorie diet

Suggested Dosage: The recommended daily dosage for adults is 3½ Tablespoons.

Children: ½ of the adult dosage.

Infants: ¼ of the children dosage.

Before taking this product, pause for a moment and “Give God the Glory For Your Health”. Thank Him for what you want the nutrients to do for you and “Feel The Difference”.

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. These statements and the products of this company are not intended to diagnose, treat, cure or prevent any disease. Consult your physician before taking this product.



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