

Recommended Use:

Take four (4) to eight (8) softgels daily with meals or as directed by your health practitioner.

Cholesterol Control:

Not all fatty acids are alike. Lauric acid, for example, is a "good" saturated fatty acid.* An analysis of 60 cholesterol research studies¹ shows that the lauric acid in coconut oil helps maintain cholesterol levels that are already within the normal range, as measured by the ratio of total cholesterol to "good" (HDL) cholesterol.

Immune System:

The lauric acid and monoglycerides in mother's milk help the immune system of the new-born baby. The same lauric acid and monoglycerides in coconut oil help support the adult immune system.*

Intestinal Health:

By helping maintain the healthy intestinal flora, coconut oil contributes to the healthy functioning of the gastrointestinal tract.*

Safe As It Is Effective:

All natural. Made from 100% pure, fresh coconut meat. No trans fatty acids, no hydrogenated fats. No added fragrances, flavoring, or coloring. Has not been refined, bleached, or deodorized. Has no known side effects.

Storage:

Its antioxidant action gives extra virgin coconut oil the longest shelf life of any vegetable oil. With a melting point of 75 degrees F, a liquid above 76 degrees F and a solid below 76 degrees F.

Warning:

If pregnant or breast feeding, consult a health professional before using this or any supplement.

KEEP THIS AND ALL SUPPLEMENTS OUT OF REACH OF CHILDREN.

¹ Mensink RP, Zock PL, Arnold DM & MH Katan, Effects of dietary fatty acids on serum lipids and apolipoproteins: American Journal of Clinical Nutrition, 77(5):1146-1155, May 2003

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

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EMERALD LABORATORIES
"Products That Really Work, Naturally"



Extra Virgin, Certified Organic Coconut Oil

Dietary Supplement
120 Softgels

Supplement Facts

Serving Size: 4 Softgels

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Extra Virgin, Coconut Oil	4000 mg	
Calories	36	
Calories from Fat	36	
Total Fat	4g	8%
Saturated Fat	3.5g	18%
Polyunsaturated Fat	0.3g	6%
Monounsaturated	0.1g	6%
Trans Fat	0g	0%
Cholesterol	0g	0%
Sodium	0mg	0%
Total Carbohydrates	0mg	0%
Protein	0mg	0%

Fatty Acid Profile:**

C8:0 Caprylic Acid	5.9%	C16:0 Palmitic Acid	9.3%
C10:0 Capric Acid	5.7%	C18:0 Stearic Acid	4.0%
C12:0 Lauric Acid	49.0%	C18:1 Oleic Acid	5.4%
C14:0 Myristic Acid	19.6%	C18:2 Linoleic Acid	0.8%

Daily Value based on a 2000 calorie diet. Your daily values may be higher or lower depending on your caloric needs. Other ingredients: Gelatin (softgel)

A dietary food supplement guaranteed free of corn, milk, soy, salt, sugar, wheat, yeast, artificial Flavors or preservatives. KEEP OUT OF THE REACH OF CHILDREN

NOP certified by ECOCERT SA, F-32600
Indicating this product is produced and handled in compliance with the rules as determined by the USDA National Organic Program, Final Rule 7 CFR Part 205.

No Mineral Oil Used In The Production Of These Softgels

**Fatty Acid Percentages will vary slightly batch by batch depending on natural variations in the coconut oil content of each batch.

