swanson.com
or call 1-800-437-4148

- Supports cardiovascular health and blood sugar metabolism
- Supports cognitive function and healthy brain development
- Maintains immune health

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one softgel one to two times per day with water.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place. Do not refrigerate.

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.

SWANSON®

Coconut Oil

Heart and Brain Health

1,000 mg per softgel | **MADE WITH CERTIFIED ORGANIC COCONUT OIL**

DIETARY SUPPLEMENT | **60 SOFTGELS**

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		% Daily Value
Calories 10		
Total Fat	1 g	1%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Organic Coconut Oil (fruit)	1 g	*
Providing minimum:		
Lauric Acid	400 mg	*
Myristic Acid	160 mg	*
Palmitic Acid	60 mg	*
Oleic Acid	40 mg	*

Percent Daily Values are based on a 2,000 calorie diet.
*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water.
Contains tree nuts (coconut)

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**
Fargo, ND 58104 USA • **1-800-437-4148**

Certified Organic by Minnesota Crop Improvement Association (MCIA), St. Paul, MN 55108.

MADE IN CANADA

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