

This product has been developed, manufactured and packaged by Vitamin World. Our world-class facilities allow us to control exactly what goes into each product. It is your assurance that you are getting the highest quality and freshest products. *You have our guarantee!*



Organically Grown

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

Keep out of reach of children. Store unopened container at room temperature. Refrigerate after opening. Do not use if seal under cap is broken or missing.

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

Non GMO

DIRECTIONS: Use one (1) or more tablespoons daily. 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 is a saturated fat that contains naturally-occurring essential fatty acids along with three medium chain fatty acids: lauric acid, capric acid and caprylic acid. Medium-chain fatty acids (MCTs) are oxidized differently in the body, 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!

TO REORDER PROD. # **13182**
www.vitaminworld.com

1-800-228-4533

Carefully Manufactured by Vitamin World, Inc.
 Ronkonkoma, NY 11779 U.S.A.
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EXTRA VIRGIN
COCONUT OIL

Essential Fatty Acids • Natural Energy Source • Great For Cooking

Vegetarian Dietary Supplement

Net Wt. 16 oz.

Nutrition Facts

Serving Size 1 Tbsp. (14 g)
 Servings Per Container about 35

Amount Per Serving		Calories from Fat 125	
		%Daily Value*	
Calories 125			
Total Fat 14g			22%
Saturated Fat 13g			65%
Polyunsaturated Fat 0g			
Monounsaturated Fat 0.5g			
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 0g			0%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 0g			0%
Vitamin A 0%			Vitamin C 0%
Calcium 0%			Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Ingredient: Organic Coconut Oil.