

Recommendation: Take 1 Tablespoon (14 g) as needed.

No refrigeration necessary. Naturally melts and becomes liquid at 76°F. Returns to solid when cooled.

GLUTEN FREE. No artificial ingredients or preservatives. **Keep out of reach of children.** Safety sealed for your protection. Do not use if inner freshness seal is broken or missing.

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Questions? 1-800-9NATURE / naturesway.com



◆ LN15673.01GBP BLQ7534



Pure • Gold Pressed • Organic • Non-GMO

Delicious Uses:

- **Enjoy** straight from the jar or use in spreads, dips & more!
- Enhances the flavor of your favorite foods.
- For cooking, baking or sautéing **up to 350°**.



Premium Source:

- **Organic**, extra virgin, unrefined & unbleached from non-GMO coconuts; Hexane-free.
- **62% MCTs**†: 8.6 g medium chain triglycerides (lauric, caprylic and capric acids) per serving.

†See Supplement Facts for total fat and saturated fat content.

Aroma and Creamy Taste of Fresh Coconut!

**Good for
Cooking**



Coconut Oil

EXTRA VIRGIN

Pure & Unrefined • Cold Pressed



ORGANIC

DIETARY SUPPLEMENT • **NET WT 16 OZ (1 LB) (448 g)**

Supplement Facts

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

Amount per Serving	% DV
Calories	130
Total Fat	14 g 18%†
Saturated Fat	13 g 65%†
Trans Fat	0 g **
Polyunsaturated Fat	0 g **
Monounsaturated Fat	1 g **
Cholesterol	0 mg 0%
Medium Chain Fatty Acids	8.6 g **
Lauric Acid	6.6 g **
Caprylic Acid	1 g **
Capric Acid	900 mg **

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

Ingredient: organic extra virgin coconut oil
Contains Tree Nuts (Coconut).