

COCONUT OIL: A SMART FAT

A natural source of medium chain triglycerides (MCTs), coconut oil boosts the metabolism, supports the heart and immune system and provides quick energy.* Plus it's delicious!

TASTE THE BARLEAN'S DIFFERENCE:

- Harvested at the Peak of Flavor & Nutrition
- Cold Pressed Fresh
- **ORGANIC • VEGAN • FAIR TRADE • KOSHER**
- **CHOLESTEROL FREE • NON-HYDROGENATED**
- **NO GMOs, GLUTEN, DAIRY or SOY**



SUGGESTED USE: Use in cooking, baking, grilling or frying; as a spread; or as a skin and hair oil. Refrigeration isn't required, but may be desired if you prefer a solid consistency.

FRESHNESS DATING



*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.

KEEP IT
COOL
TO KEEP
IT SOLID

LEAVE IT
OUT
FOR SOFT
OR LIQUID



FAIR TRADE

COLD PRESSED

Organic Virgin

COCONUT OIL

SUPPLEMENT

ISLAND FRESH

VEGAN • NON-GMO • NON-HYDROGENATED



16 fl oz / 473 mL



Supplement Facts

Serving Size 1 Tbsp (15 mL)
Servings Per Container 32

	Amount Per Serving	% Daily Value
Calories	130	
Calories from Fat	130	
Total Fat	14 g	22%*
Saturated Fat	12 g	60%*
Polyunsaturated Fat	0 g	†
Monounsaturated Fat	1 g	†

Medium Chain Triglycerides (MCTs):

Lauric Acid	6220 mg	†
Caprylic Acid	640 mg	†
Capric Acid	550 mg	†

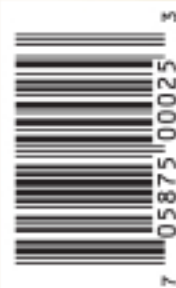
* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established

INGREDIENTS: Organic virgin coconut oil.

LEARN MORE ABOUT
A PATHWAY TO A
BETTER LIFE:

barleans.com
800/445-3529

Barlean's
Ferndale, WA 98248
Certified Organic by QAI
US-ORG-050



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