

NUTRITION INFORMATION		
Typical values: Per 100g %RI*		
Energy	3651kJ 888kcal	44 44
Total Fat of which:	97.7g	139.6
- Saturates	85.55g	427.8
- Monounsaturates	6.41g	
- Polyunsaturates	1.44g	
Carbohydrates of which:	1.7g	0.7
- Sugars	0g	
Fibre	0g	
Protein	0g	
Salt	0g	
 Lauric acid	41.5g	
Myristic acid	16g	

\*RI = Reference Intake of an average adult (8400kJ / 2000kcal).

This PET jar is 100% stable, non toxic and non-reactive with oils.



**INGREDIENTS:**  
Organic virgin coconut oil.  
**DOES NOT CONTAIN:**  
Sugar, salt, starch, soya, wheat, gluten, maize, corn, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

Suitable for vegetarian, vegan and raw food diets.

This product is not tested on animals.



GB-ORG-05  
Philippine Agriculture

# HIGHER NATURE®

Ω OMEGA  
EXCELLENCE

# Organic Virgin Coconut Oil

Cold pressed virgin coconut oil

400g



## Organic Virgin Coconut Oil

- ✓ Full coconut flavour & aroma
- ✓ Ideal for adding flavour to cooking & baking
- ✓ Cholesterol free
- ✓ Dairy free

ORGANIC VIRGIN COCONUT OIL offers the full flavour of coconut and is cholesterol free. It is a great alternative spread to butter and margarine and one of the healthiest cooking oils, with no toxic trans-fats when heated.

STORE IN A COOL, DARK PLACE, AWAY FROM HEAT AND DIRECT SUNLIGHT. BEST CONSUMED WITHIN 3 MONTHS. PACKAGED IN A PROTECTIVE ATMOSPHERE.

Batch No:

BBE:

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK  
[www.highternature.com](http://www.highternature.com)

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Jar Ltd

