

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!*

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.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store unopened container in a cool, dry place. 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

*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.

TO REORDER PROD. # **13182**
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by
Vitamin World, Inc.
Flonkorkoma, NY 11779 U.S.A.
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Certified Organic by QAI

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**Organically
Grown**



EXTRA VIRGIN COCONUT OIL

Essential Fatty Acids • Natural Energy Source* • Great For Cooking

Vegetarian Dietary Supplement

Net Wt. 16 oz.

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.

Supplement Facts

Serving Size 1 Tbsp. (13 g)

Servings Per Container about 35

Amount Per Serving	%Daily Value	
Calories	120	
Calories from Fat	120	
Total Fat	14 g	21%**
Saturated Fat	12 g	58%**
Monounsaturated Fat	0.5 g	***

**Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

Ingredient: Organic Coconut Oil.

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!