

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

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

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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Pure • Cold 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 32 OZ (2 LB) (896 g)

Supplement Facts

Serving Size 1 Tablespoon (14 g)

Servings per Container 64

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).

GLUTEN FREE. No artificial ingredients or preservatives.