

RECOMMENDATION: Adults take 1 Tablespoon (14 g) as needed.

CAUTION: Excessive use may cause GI discomfort. To reduce this effect, take with food. If you are pregnant, nursing, or taking any medications, consult a health-care professional before use.

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 with inner seal. Do not use if seal is broken or missing.

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LG15673.01SP BL47534



PURE · COLD PRESSED · ORGANIC · NON-GMO

DELICIOUS USES:

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

350° F



PREMIUM SOURCE:

- Organic, extra virgin, unrefined, and unbleached from non-GMO coconuts; Hexane-free.
- 62% MCTs†: 8.69 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!

USDA
ORGANIC



COCONUT OIL

ORGANIC EXTRA VIRGIN

100% PURE COLD-PRESSED & UNREFINED

62% MCTs†

8.69 g MEDIUM CHAIN TRIGLYCERIDES PER SERVING

†SEE SUPPLEMENT FACTS FOR TOTAL FAT AND SATURATED FAT CONTENT.

NET WT 16 OZ (1 LB) (453 g) DIETARY SUPPLEMENT



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%
Organic Extra Virgin Coconut Oil	14 g	**
Medium Chain Triglycerides	8.69 g	**
Lauric Acid	6.65 g	**
Caprylic Acid	1.00 g	**
Capric Acid	900 mg	**

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

INGREDIENTS: Organic Extra Virgin Coconut Oil
Contains Tree Nuts [Coconut].