

SOURCE NATURALS®



EXPPELLER PRESSED

100% ORGANIC VIRGIN
COCONUT OIL

MEDIUM CHAIN FATTY ACIDS

15 FL. OZ. (443 mL)



Nutrition Facts

Servings Per Container approx. 29

Serving Size 1 Tablespoon (15 mL)

Amount Per Serving

Calories

120

% Daily Value*

Total Fat 14 g

18%

Saturated Fat 13 g

65%

Trans Fat 0 g

Cholesterol 0 g

0%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Not a significant source of dietary fiber, total or added sugars, protein, vitamin D, calcium, iron, or potassium.

Ingredients: Organic Virgin Coconut Oil.

Contains tree nuts (coconut).

Suggested Use: 1 tablespoon two to three times daily, or as recommended by your health care professional. May be used as a replacement for other types of cooking oils, or in blended drinks such as smoothies.

Long a dietary staple of the people of Asia, Africa, and the Pacific Islands, coconut oil has been used for both food and health care. It has been used in Ayurvedic herbalism for 4,000 years. Coconut oil is composed of medium-chain triglycerides (MCTs), which are less likely than long-chain triglycerides (LCTs) to be stored in the body.*

CAUTION: If you are pregnant, may become pregnant or are breastfeeding, consult your health care professional before using this product.

STORE IN A COOL, DRY PLACE.

Do not use if tamper-evident seal is broken or missing. Keep out of the reach of children.

Suitable for vegetarians and vegans: contains no yeast, dairy, egg, gluten, corn, soy or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

*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.

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Manufactured for:
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