

ACTUAL SIZE



CODE 1718 V3

NOW also supplies Certified Organic, 100% Pure, Virgin Coconut Oil in liquid form.

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Coconut Oil (*Cocos nucifera*) is a traditional dietary staple of the people of Asia, Africa, and the Pacific Islands and has been used in Ayurvedic herbalism for thousands of years. NOW® Organic Virgin Coconut Oil is unrefined cold-pressed oil, and does not utilize any solvents in the manufacturing process. Coconut oil contains no trans-fats and is a rich source of Medium Chain Triglycerides (MCTs), such as lauric acid (C-12) and caprylic acid (C-8). MCTs are less likely to be stored in the body as fat than most other fatty acids. Combined with essential fatty acids, it is a perfect addition to an overall healthy lipid program.*

NOW® Virgin Coconut Oil delivers the natural nutrient profile found in Genuine Whole Foods.

SUGGESTED USAGE: As a dietary supplement, take 3 softgels 2 to 3 times daily with meals. Consider taking this product in combination with NOW® CLA Extreme™ and Thyroid Energy™.

Made with
Certified Organic
Coconut Oil



Virgin Coconut Oil

BENEFICIAL FATTY ACIDS

1000 mg

- Source of MCT's
- Cold-Pressed and Unrefined
- Trans-Fat Free

120 Softgels

A Dietary Supplement



Supplement Facts

Serving Size 3 Softgels Servings Per Container 40

	Amount Per Serving	% Daily Value
Calories	30	
Calories from Fat	25	
Total Fat	3 g	5%
Saturated Fat	2.5 g	13%
Trans Fat	0 g	†
Polyunsaturated Fat	45 mg	†
Monounsaturated Fat	175 mg	†
Protein	0.7 g	1%
Organic Virgin Coconut Oil	3.0 g (3,000 mg)	†

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

† Daily Value not established.

Other ingredients: Softgel Capsule (gelatin, glycerin, water).

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108 Made in the U.S.A. www.nowfoods.com

Certified Organic by Quality Assurance International.

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives. Store in a cool, dry place. Please Recycle.

Each serving may typically provide the following naturally occurring beneficial fatty acids: Lauric Acid 1.43 g, Myristic Acid 529 mg, Caprylic Acid 221 mg, Capric Acid 177 mg, Oleic Acid 177 mg and Linoleic Acid 44 mg.

This product may begin to solidify at temperatures below 78 degrees F. (26 degrees C.)