

We think you're gonna love this.

Barlean's Virgin Organic Coconut Oil is a natural source of medium chain triglycerides (MCTs). Our coconuts are harvested at the peak of flavor, then cold-pressed to maintain the highest quality and best taste.

- **USDA Organic**
- **Vegan**
- **Fair Trade**
- **Kosher**
- **No Gluten, Dairy or Soy**
- **Non-GMO**

SUGGESTED USE: 1 Tbsp daily. Use in cooking, baking, grilling, frying or as a spread. Also great on skin and hair. There's no need to refrigerate, unless you prefer a solid consistency.



KEEP IT
COOL
TO KEEP
IT SOLID

LEAVE IT
OUT
FOR SOFT
OR LIQUID



FAIR
TRADE

COLD
PRESSED

Organic Virgin

COCONUT OIL

ISLAND FRESH

**Raw Whole Food
Fresh Coconut Taste & Smell**

VEGAN • NON-GMO



DIETARY SUPPLEMENT

32 fl oz (1 qt) 946 mL

Supplement Facts

Serving Size 1 Tbsp (15 mL)
Servings Per Container 63

	Amount Per Serving	% Daily Value
Calories	120	
Total Fat	14 g	18%*
Saturated Fat	12 g	60%*
Polyunsaturated Fat	0 g	†
Monounsaturated Fat	1 g	†

Medium Chain Triglycerides (MCTs):

Lauric Acid	6220 mg	†
Caprylic Acid	640 mg	†
Capric Acid	550 mg	†

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

INGREDIENTS: Organic virgin coconut oil.

**LEARN MORE ABOUT
A PATHWAY TO A
BETTER LIFE:**

**barleans.com
800/445-3529**

Barlean's
Ferndale, WA 98248
Certified Organic by QAI
US-ORG-050

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