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
- Fair Trade
- No Gluten, Dairy Or Soy
- Vegan
- Kosher
- 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

ESTD 1969
BARLEAN'S
PATHWAY TO A BETTER LIFE

FAIR TRADE — COLD PRESSED

Organic Virgin

COCONUT OIL

ISLAND FRESH

VEGAN · NON-GMO

DIETARY SUPPLEMENT
16 fl oz (1 pt) 473 mL

NON GMO Project VERIFIED

USDA ORGANIC

Supplement Facts

Serving Size 1 Tbsp (15 mL)
Servings Per Container 32

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 OAI
US-ORG-050

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