



HEALTH FROM THE
SUN[®]

100% VEGETARIAN

DIETARY SUPPLEMENT

RAW COCONUT OIL

VIRGIN • ORGANIC

**Unrefined • Unbleached
Non-Hydrogenated**

NET WT. 32 FL. OZ. (876.8 G)

WARNING: Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product.

Directions: Use only as directed. Take one tablespoon. May consumed before meals to help promote satiety. May be taken with or in foods. Store in a cool, dry place. NO refrigeration needed before or after opening.

Supplement Facts

Serving Size 1 Tbsp (14 g)

Servings Per Container About 63

	Amount Per Serving	% Daily Value
Calories	130	
Calories from Fat	130	
Total Fat	14 g	22%†
Saturated Fat	13 g	65%†
Monounsaturated Fat	0.5 g	
Organic Virgin Coconut Oil	14 g	*
--Lauric Acid	5,950 mg	*

†Percent Daily Value based on a 2,000 calorie diet.

*Daily Value not established.

Other Ingredients: None.

Discussion: Health From The Sun[®] Raw Coconut Oil is cold-pressed, unrefined and non-hydrogenated virgin oil from certified organic coconut. Coconut oil is one of nature's best sources of healthy medium-chain triglycerides (MCTs) which play a key role in the body's metabolism of fats.

Coconut oil is considered to be one of the most abundant sources of lauric acid, second only to human breast milk. Lauric acid has been studied for its reputed benefits on metabolism, thyroid function and immune function. Coconut oil is also intended to provide nutritive support for healthy skin and hair.

Coconut oil has a high smoke point and may be used in meal preparation or in foods. It provides delicious natural energy when blended into a smoothie. Health From The Sun[®] Raw Coconut Oil will remain solid and spreadable at room temperature but will easily liquify when placed in a container of warm water.

Rigorously **quality** tested to guarantee **purity, potency** and **truth-in-labeling**.

Product of the Philippines

Mfd. by NutraPure, Inc.

www.reachforlife.com

Comments or Questions:

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