

Suggested use: Use one (1) tablespoon twice daily or as recommended.

May be used in cooking, added to favorite hot cereal, on salads, in protein shakes and smoothies or directly by mouth, followed by a glass of room temperature water.

Uso sugerido: Tomar una (1) cucharada dos veces al día o según lo recomendado.

Puede ser utilizado en la cocina, se le puede agregar al cereal caliente favorito, en ensaladas, en batidos de proteínas y merengadas o directamente por vía oral seguido de un vaso de agua a temperatura ambiente.

Oil may appear solid, liquefies if warmed slightly. Maybe stored in cool dry place. To add to shelf life keep refrigerated.

Description: Bio Nutrition uses the finest quality Virgin Red Palm oil from Africa. This nutritional substance is rich in vitamins and antioxidants including Co-Q 10 and Tocotrienols, a potent form of vitamin E not commonly consumed in foods eaten in the United States. Red Palm Oil may be used in a variety of ways including being added to your favorite cooking dishes. It has a unique and robust flavor and can be considered a healthy addition to ones diet.*

UPC CODE
8-54936-00334-1

**Free of gluten, yeast,
corn, sugar, salt, wheat,
artificial ingredients
and preservatives.**

*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.

Bio
NUTRITION

Red Palm Oil

15 fluid oz. 444 ml.

Nutritional facts

Serving Size: One (1) tablespoon
Servings per container: 30

Calories 126	Calories from fat 126
% DV	
Total fat 14 g	21 %
Saturated fat 7 g	35 %
Cholesterol 0 g	0 %
Sodium 0 g	0 %
Total carbohydrates 0 g	0 %
Dietary Fiber 0 g	0 %
Sugar 0 g	0 %
Protein 0 g	0 %

**Daily value not established
% Daily value based on 2,000 calorie diet

Ingredients: Virgin Red Palm Oil

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**Made in
USA**