

SUGGESTED USE: As a dietary supplement, take one (1) tablespoon (14g) per day, or as directed by a healthcare professional. Our Organic Extra Virgin Coconut Oil can be used as an alternative to traditional oils for baking, cooking and frying.

STORAGE INFORMATION: Coconut oil is stable at room temperatures, keep refrigerated after opening.

- Derived from organic coconuts.
- Natural, sweet coconut smell and taste.
- No artificial colors or flavors.
- Free of corn, gluten (wheat), added sodium, dairy, added sugar, soy, peanuts, eggs, artificial preservatives, fish, crustaceans, animal derivatives and yeast.
- Coconut oil contains medium chain fatty acids, which get converted to energy through the body's natural metabolism.*

Olympian Labs, Inc. products are made with the highest quality ingredients and manufactured according to current Good Manufacturing Practices (cGMP). When you buy an Olympian Labs, Inc. product, you can be sure you are buying the best.

*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.

KEEP OUT OF REACH OF CHILDREN.



REV 10/25/2012



ORGANIC EXTRA VIRGIN COCONUT OIL

D I E T A R Y S U P P L E M E N T

*Manage Normal Cholesterol Levels**

*Hair and Skin Health**

*Great For Cooking**

*No Hydrogenated Oils**

16 FL. OZ. (473 ML) PER BOTTLE / 32 SERVINGS

Supplement Facts

Serving Size: One (1) Tablespoon (14g)

Servings Per Container: Approximately 32

	Amount Per Serving:	% Daily Value**
Calories 130	Calories from Fat 130	
Total Fat	14 g	22%
Saturated Fat	12 g	60%
Polyunsaturated Fat	0.5 g	
Monounsaturated	0.5 g	
Trans Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrates	0 mg	0%
Protein	0 mg	0%

Fatty Acid Profile

C8:0 Caprylic Acid†	980 mg
C10:0 Capric Acid†	770 mg
C12:0 Lauric Acid†	6,160 mg

**Percent Daily Values (%DV) based on a 2,000 calorie diet.

†These ratios will slightly vary batch to batch depending on the natural variation of the fatty acid content of coconut oil.

Other Ingredients: 100% unrefined organic extra-virgin coconut oil.

Confused on what to take? Check for yourself at:
OlympianLabs.com

Manufactured for Olympian Labs, Inc.
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