

Experience Organic, Raw Whole Food Coconut

- Premium Quality:** Made from pure, unrefined, unbleached, non-GMO coconuts; No solvents (hexane-free), non-hydrogenated, no trans fat.
- Variety of Healthy Uses:** Enjoy straight from the jar or supplement your diet by mixing into smoothies, spreading on bagels and toast, or adding to homemade energy bars. Be creative! The possibilities are endless.
- Good Source of Dietary Fiber†:** Provides 3 grams per serving.
‡See nutrition information for fat content.
- Energy Source:** Provides 40% (11,200 mg) medium chain fatty acids (MCTs) for energy.* MCTs are ideal for exercise and weight loss programs.*

GLUTEN-FREE. No artificial ingredients or preservatives. **Satisfaction Guaranteed.** Safety sealed for your protection. Do not use if inner freshness seal is broken or missing.
Note: Coconut oil separation may occur, causing a white solid top layer. To resolve, simply warm and stir before use.

*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Pure & Unrefined



Great Fresh Flavor

Raw Coconut

WHOLE FOOD

MCTs & Dietary Fiber‡



ORGANIC

DIETARY SUPPLEMENT • NET WT. 16 OZ. (454 g)

Supplement Facts

Serving Size 2 Tbsp (28 g) / Servings per Container 16

Amount Per Serving		% DV
Calories	200	
Calories from Fat	165	
Total Fat	18 g	28%†
Saturated Fat	16 g	80%†
Total Carbohydrate	5 g	2%†
Dietary Fiber	3 g	12%
Sugars	1 g	**
Protein	2 g	4%
Iron	<1 mg	5%
Sodium	5 mg	<1%

Organic Raw Whole Coconut 28 g (28,000 mg) **
providing 40% MCTs (11,200 mg): Lauric Acid 8,444 mg;
Caprylic Acid 1,578 mg; Capric Acid 1,178 mg

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

**Daily Values (DV) not established.

Ingredients: Organic Raw Whole Coconut

Recommendation: Take 2 table-
spoons (28 g) as needed.

No Refrigeration Necessary.
Store in a cool, dry place. Spreads
easily when warmed above room
temperature (73° F). To soften or
liquify, place jar in hot water for
several minutes and stir.

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