

Pure, Cold Pressed, Organic Coconut Oil

- **Premium Quality:** Extra virgin, unrefined & unbleached from 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/toast, or adding to homemade energy bars. Be creative! The possibilities are endless.
- **Delicious Creamy Taste / Aroma of Fresh Coconuts**
- **Energy Source:** Provides 62% (8,694 mg) medium chain fatty acids (MCTs) per serving for energy.* Ideal for exercise & 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: Naturally melts and becomes liquid at 76°F. Returns to solid when cooled.

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

Good for
Cooking



Pure & Unrefined

Coconut Oil

EXTRA VIRGIN

62% MCTs • Energy Source

ORGANIC



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

Supplement Facts

Serving Size 1 Tablespoon (14 g)

Servings per Container 32

Amount Per Serving		% DV
Calories	130	
Calories from Fat	130	
Total Fat	14 g	22%†
Saturated Fat	13 g	67%†
Polyunsaturated Fat	<0.5 g	**
Monounsaturated Fat	<1 g	**
Medium Chain Fatty Acids	9 g (8,694 mg)	**
Lauric Acid	7 g (6,657 mg)	**
Caprylic Acid	1 g (1,043 mg)	**
Capric Acid	900 mg	**

†Percent Daily Values are based on a 2,000 calorie diet. **Daily Value (DV) not established.

Ingredients: Organic Extra Virgin Coconut Oil

Recommendation: Take 1 table-spoon (14 g) up to 4 times daily.

For cooking, can be used in place of butter, margarine, shortening or other cooking oils for baking or frying in temperatures up to 350°F. No refrigeration necessary.

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Questions? 1-800-9NATURE
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