

Suggested Usage: Take 3 softgels daily with food.
NOW® Virgin Coconut Oil delivers the natural nutrient profile found in **Genuine Whole Foods**.

Coconut Oil (*Cocos nucifera*) is a traditional dietary staple of the people of Asia, Africa, and the Pacific Islands and has been used in Ayurvedic herbalism for thousands of years. NOW® Virgin Coconut Oil is unrefined cold-pressed oil, and does not utilize any solvents in the manufacturing process. Coconut oil has no trans-fats and is abundant in Medium Chain Triglycerides (MCT's), such as lauric acid (C-12) and caprylic acid (C-8). MCT's are less likely to be stored in the body as fat than most other fatty acids.* When combined with essential fatty acids, it is a perfect addition to an overall healthy lipid program.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Natural color variation may occur in this product.

This product may begin to solidify at temperatures below 78°F (26°C).

Store in a cool, dry place after opening.
Please Recycle.

SOFTGEL SIZE

CODE 1718 V5



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Virgin Coconut Oil

1000 mg

Fatty Acid Blend

- Abundant in MCT's
- Cold-Pressed and Unrefined
- Made with Certified Organic Coconut Oil

120 Softgels



A Dietary Supplement **TRANS FAT FREE**



Nutritional Oils

Family owned since 1968.

Supplement Facts

Serving Size 3 Softgels Servings Per Container 40

	Amount Per Serving	% Daily Value
Calories	30	
Calories from Fat	25	
Total Fat	3 g	5%*
Saturated Fat	2.5 g	13%*
Trans Fat	0 g	†
Protein	< 1 g	1%*
Organic Virgin Coconut Oil	3 g (3,000 mg)	†
Medium Chain Triglycerides (MCT's)	1.5 g (1,500 mg)	†

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

Other ingredients: Softgel Capsule (gelatin, water, glycerin).

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Certified Organic by QAI.

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

