

**Suggested Use:** Take one (1) tablespoon once or twice daily with a meal. May also be used as a spread or cooking oil (up to 350°F).

For many generations, coconut oil has been a dietary staple in African, Asian and Polynesian cultures for its fatty acid content, great taste, and abundance.

Healthy Origins® Organic Extra Virgin Coconut Oil is cold-pressed, 100% pure, and kosher certified.

*Made without pesticides, refining, bleaching, hydrogenation or hexane. BPA-Free container.*

**Suitable for Vegetarians and Vegans**

\*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.



Note: No refrigeration required; This product is solid at room temperature and melts at 76°F.

# Healthy Origins®

**Non-GMO** **100% NATURAL** **SOY-FREE**

## Organic Extra Virgin Coconut Oil

*One of Nature's Healthiest Cooking Oils\**

- Contains 62% Medium Chain Triglycerides



**29 oz (822 g)** **U**

**Dietary Supplement**

### Supplement Facts

Serving Size: 1 Tbsp. (14 g)

Servings Per Container: 58

#### Amount Per Serving

Calories	130	Calories from Fat	130
		% Daily Value†	
Total Fat	14 g		22%
Saturated Fat	13 g		65%
Trans Fat	0 g		0%
Cholesterol	0 g		0%
Sodium	0 g		0%
Total Carbohydrate	0 g		0%
Protein	0 g		0%

Not a significant source of Vitamin A, Vitamin C, Calcium or Iron.  
† Percent Daily Value (%DV) is based on a 2,000 calorie diet.

**Other Ingredients:** Organic Extra Virgin Coconut Oil.

Contains: Tree Nuts (Coconut).

No Sugar, Salt, Yeast, Wheat, Gluten, Corn, Soy, Fish, Shellfish, Egg or Dairy.

No Artificial Sweeteners, Flavors, Colors or Preservatives.

Distributed by: Healthy Origins®  
Pittsburgh, PA 15241, USA  
Toll Free- 1-888-228-6650  
Certified Organic by Pro-Cert.

Certified Kosher by Orthodox Union.  
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