

*Suggested Use:* As a substitute for conventional cooking oils, use for baking or sautéing in temperatures up to 350° F. May also be used as a salad dressing or in shakes and smoothies.

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.

*Made without pesticides, refining, bleaching, hydrogenation or hexane.*

*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 liquid at room temperature.

# Healthy Origins®



Non-GMO

## 100% Virgin



SOY-FREE

# Liquid Coconut Oil

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

*Minimum 93% Medium Chain Triglycerides!*

## 10 FL OZ (296 ml)

### Dietary Supplement

## Supplement Facts

Serving Size: 1 Tbsp. (15 ml)

Servings Per Container: 20

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: Cold-Pressed 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

BPA Free, recyclable container

