

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.



Healthy Origins®



100% Virgin



Liquid Coconut Oil

One of Nature's Healthiest Cooking Oils*

Minimum 93% Medium Chain Triglycerides!

20 FL OZ (592 ml)

Dietary Supplement

Supplement Facts

Serving Size: 1 Tbsp. (15 ml)

Servings Per Container: 40

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

Note: No refrigeration required; this product is liquid at room temperature.

BPA Free, recyclable container

