

Barlean's – World's Freshest Coconut Oil!

FRESH FROM THE ISLANDS

- Hand Selected & Picked Fresh
- Cold-Expeller Pressed Fresh
- Harvested at the Peak of Flavor & Nutritional Value

COCONUT OIL NUTRITION

- Rich in Lauric Acid & Caprylic Acid
- Great Source of Medium Chain Triglycerides

• NON-GMO, FAIR TRADE

• GLUTEN FREE

• NON-HYDROGENATED

• ORGANIC - SOLVENT & CHEMICAL FREE

SUGGESTED USE: May be used straight, in cooking, baking, or frying – as a spread on toast or muffins and as a massage/body oil or hair tonic. No refrigeration required. Keep out of reach of children.



FRESHNESS DATING



ESTD 1989



FAIR
TRADE

COLD
PRESSED

Organic Virgin

COCONUT OIL

SUPPLEMENT

ISLAND FRESH

Raw Whole Food

Nature's Most Versatile Superfood

Perfect Culinary Oil

VEGAN • NON-GMO • NON-HYDROGENATED



32 fl oz / 946 mL



Supplement Facts

Serving Size 1 Tbsp (15 mL)

Servings Per Container 63

	Amount Per Serving	% Daily Value
Calories	130	
Calories from Fat	130	
Total Fat	14 g	22%*
Saturated Fat	12 g	60%*
Polyunsaturated Fat	0 g	†
Monounsaturated Fat	1 g	†

Medium Chain Triglycerides (MCTs):

Lauric Acid	6220 mg	†
Caprylic Acid	640 mg	†
Capric Acid	550 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established

INGREDIENTS: Organic virgin coconut oil.



**LEARN MORE ABOUT
A PATHWAY TO A
BETTER LIFE:**

barleans.com

800/445-3529

Barlean's

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Certified Organic by QAI



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