

## Barlean's – World's Freshest Coconut Oil!

- NON-GMO, FAIR TRADE
- GLUTEN FREE
- NON-HYDROGENATED
- ORGANIC - SOLVENT & CHEMICAL FREE

### FRESH FROM THE ISLANDS

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

### COCONUT OIL NUTRITION

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

**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



FAIR TRADE

COLD PRESSED

*Organic Virgin*

# COCONUT OIL



ISLAND FRESH

VEGAN · NON-GMO · NON-HYDROGENATED



16 fl oz / 473 mL

## Supplement Facts

Serving Size 1 Tbsp (15 mL)  
Servings Per Container 32

|                     | 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  
Ferndale, WA 98248

Certified Organic by QAI



67800-06



PRODUCT OF PHILIPPINES