



Perfect Coconut Oil is pure, extra-virgin, unrefined, organic, cold-pressed coconut oil. It is made from only the freshest coconuts which have NOT been grown or processed with any chemicals. Perfect Coconut Oil is loaded with healthy fats and medium chain fatty acids, such as Lauric Acid, that scientific research indicates may improve your health in numerous ways.*

Has a melting point of 76° – liquid above 76° and solid below 76°

Allergy information: product is manufactured in a facility that processes milk, egg, soy, tree nuts, fish and shellfish..

This product has been certified by Organic Certifiers Inc under NOP Final Rule 7, CFR Part 205. www.organiccertifiers.com

*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.



Manufactured in the USA for:
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Extra Virgin • Unrefined
Cold-Pressed • Grown Organically
Dietary Supplement • 16oz Pure Oil

Supplement Facts

Serving Size: 1 Tablespoon Servings Per Container: 32

Amount Per Serving	% Daily Value*
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Calories	126	
Calories from Fat	126	
Total Fat	14 g	21.5
Saturated Fat	12 g	60
Polyunsaturated Fat	1 g	
Monounsaturated Fat	0.5 g	
Trans Fat	0 g	
Cholesterol	0 g	0
Sodium	0 g	0
Total Carbohydrates	0 mg	0
Protein	0 mg	0

Organic Extra Virgin Coconut Oil	14000mg	†
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† Percent Daily Value not established

* Percent Daily Value based on a 2000 calorie diet

Other Ingredients: None

Fatty Acid Profile

C8:0	Caprylic Acid	5.9%	C16:0	Palmitic Acid	9.3%
C10:0	Capric Acid	5.7%	C18:0	Stearic Acid	4.0%
C12:0	Lauric Acid	49.0%	C18:1	Oleic Acid	5.4%
C14:0	Myristic Acid	19.6%	C18:2	Linoleic Acid	0.8%

Fatty Acid Percents may vary slightly by batch based on natural variations in Coconut Oil content of each batch.

Suggested Use: Take 1 tablespoon up to 3 times daily with meals or as directed by your Health Care Practitioner.