

SUGGESTED USE: As a dietary supplement, take one (1) tablespoon (14g) per day, or as directed by a healthcare professional. Our Organic Extra Virgin Coconut Oil can be used as an alternative to traditional oils for baking, cooking and frying.

STORAGE INFORMATION: Coconut oil is stable at room temperatures, keep refrigerated after opening.

- Derived from organic coconuts.
- Natural, sweet coconut smell and taste.
- No artificial colors or flavors.
- Free of corn, gluten (wheat), added sodium, dairy, added sugar, soy, peanuts, eggs, artificial preservatives, fish, crustaceans, animal derivatives and yeast.
- Coconut oil contains medium chain fatty acids, which get converted to energy through the body's natural metabolism.

Olympian Labs, Inc. products are made with the highest quality ingredients and manufactured according to current Good Manufacturing Practices (cGMP). When you buy an Olympian Labs, Inc. product, you can be sure you are buying the best.

*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.

KEEP OUT OF REACH OF CHILDREN.



REV 10/06/2014



Lean & Healthy



ORGANIC EXTRA VIRGIN COCONUT OIL

Supports Normal Cholesterol Levels*

Hair and Skin Health*

Great For Cooking

No Hydrogenated Oils



DIETARY SUPPLEMENT

16 oz (454 g) • 32 Servings

Supplement Facts

Serving Size: One (1) Tablespoon (14g)

Servings Per Container: Approximately 32

	Amount Per Serving:	% Daily Value**
Calories 130	Calories from Fat 130	
Total Fat	14 g	22%
Saturated Fat	12 g	60%
Polyunsaturated Fat	0.5 g	
Monounsaturated	0.5 g	
Trans Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrates	0 mg	0%
Protein	0 mg	0%
Fatty Acid Profile		
C8:0 Caprylic Acid†	980 mg	
C10:0 Capric Acid†	770 mg	
C12:0 Lauric Acid†	6,160 mg	

**Percent Daily Values (%DV) based on a 2,000 calorie diet.

†These ratios will slightly vary batch to batch depending on the natural variation of the fatty acid contents of coconut oil.

Other Ingredients: 100% unrefined organic extra-virgin coconut oil.



MADE IN USA • Manufactured for Olympian Labs, Inc.

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