

Experience Organic, Raw Whole Food Coconut

- Premium Quality:** From pure, unrefined, unbleached, non-GMO coconuts; No solvents (hexane-free), non-hydrogenated, no trans fat.¹
- Good Source of Dietary Fiber⁺:** Provides 3 grams per serving.
¹See Supplement Facts for fat content.
- Variety of Uses:** Enjoy straight from the jar or supplement your diet by mixing into smoothies, spreading on bagels and toast, or adding to homemade energy bars. Be creative! The possibilities are endless.
- Energy Source:** Provides 40% (11.2 g) medium chain fatty acids (MCTs) for energy.* Ideal for exercise and weight loss programs.

GLUTEN FREE. No artificial ingredients or preservatives. Safety sealed for your protection. Do not use if inner freshness seal is broken or missing.

NOTE: Spreads easily when warmed above room temperature (73° F). To soften or liquify, place jar in hot water for several minutes and stir. Coconut oil separation may occur, causing a white solid top layer. To resolve, simply warm and stir before use. Store in a cool, dry place. **No Refrigeration Necessary.**

*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Pure & Unrefined  Great Fresh Flavor

Raw Coconut

WHOLE FOOD

MCTs & Dietary Fiber⁺



ORGANIC

DIETARY SUPPLEMENT • NET WT. 16 OZ. (454 g)

Supplement Facts

Amount Per Serving		% DV
Serving Size 2 Tbsp (28 g)		
Servings per Container 16		
Amount Per Serving		% DV
Calories	200	
Calories from Fat	165	
Total Fat	18 g	28%†
Saturated Fat	16 g	80%†
Trans Fat	0 g	**
Polyunsaturated Fat	0 g	**
Monounsaturated Fat	<1 g	**
Cholesterol	0 mg	0%

Amount Per Serving		% DV
Total Carbohydrate	5 g	2%†
Dietary Fiber	3 g	12%
Sugars	1 g	**
Protein	2 g	4%
Iron	<1 mg	5%
Sodium	5 mg	<1%
Organic Raw Whole Coconut 28 g **		
providing 40% MCTs (11.2 g): Lauric Acid 8.4 g, Caprylic Acid 1.5 g, Capric Acid 1.1 g		
†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Values not established.		

Ingredients: Organic Coconut

Recommendation: Take 2 tablespoons (28 g) as needed.

©2015 Distributed by Nature's Way Brands, LLC
Green Bay, WI 54311 • Product of Philippines
Certified Organic by Pro-Cert
Questions? 1-800-9NATURE
naturesway.com

