

Recommendation: Take 1 tablespoon (14 g) up to 4 times daily. **For cooking,** can be used in place of butter, margarine, shortening or other cooking oils for baking or frying in temperatures up to 350°F.

No refrigeration necessary. Naturally melts and becomes liquid at 76°F. Returns to solid when cooled.

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◆ LN15673.07 BLK7534



Pure, Cold Pressed, Organic Coconut Oil

- **Premium Quality:** Extra virgin, unrefined and unbleached from non-GMO coconuts; No solvents (hexane-free), non-hydrogenated, no trans fat (see Supplement Facts for fat content).
- **Variety of Uses:** Enjoy straight from the jar or supplement your diet by mixing into smoothies, spreading on bagels/toast, or adding to homemade energy bars. Be creative! The possibilities are endless.
- **Delicious Creamy Taste / Aroma of Fresh Coconuts**
- **Energy Source:** 62% (8,694 mg) medium chain fatty acids (MCTs) per serving for energy.* Ideal for exercise and weight loss programs.

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

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

Good for
Cooking



Pure & Unrefined

Coconut Oil

EXTRA VIRGIN

62% MCTs • Energy Source



ORGANIC

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

Supplement Facts

Serving Size 1 Tablespoon (14 g)
Servings per Container 32

Amount Per Serving		% DV
Calories	130	
Calories from Fat	130	
Total Fat	14 g	22%†
Saturated Fat	13 g	67%†
Trans Fat	0 g	**
Polyunsaturated Fat	0 g	**
Monounsaturated Fat	<1 g	**
Cholesterol	0 mg	0%
Medium Chain Fatty Acids	9 g (8,694 mg)	**
Lauric Acid	7 g (6,657 mg)	**
Caprylic Acid	1 g (1,043 mg)	**
Capric Acid	900 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Ingredients: Organic Extra Virgin Coconut Oil