Barlean's – World's Freshest Coconut Oil!

FRESH FROM THE ISLANDS

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

COCONUT OIL NUTRITION

- Contains Lauric Acid, Caprylic Acid & Capric Acid
- Natural Source of Medium Chain Triglycerides

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

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

USDA ORGANIC

ESTD 1989

BARLEAN'S

PATHWAY TO A BETTER LIFE

FAIR TRADE

COLD PRESSED

Organic Virgin

COCONUT OIL

SUPPLEMENT

ISLAND FRESH

Raw Whole Food
Nature's Most Versatile Superfood
Perfect Culinary Oil

VEGAN · NON-GMO · NON-HYDROGENATED

USDA ORGANIC

NON GMO Project VERIFIED

32 fl oz / 946 mL

Supplement Facts

Serving Size 1 Tbsp (15 mL)
Servings Per Container 63

Amount Per Serving		% Daily Value
Calories	130	
Calories from Fat	130	
Total Fat	14 g	22%*
Saturated Fat	12g	60%*
Polyunsaturated Fat	0g	†
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.

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LEARN MORE ABOUT A PATHWAY TO A BETTER LIFE:

barleans.com

800/445-3529

Barlean's
Ferndale, WA 98248
Certified Organic by QAI
US-ORG-050

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