

Recommendation:

Take 1 tablespoon (14 g) as needed.

No refrigeration necessary.

Naturally melts and becomes liquid at 76°F. Returns to solid when cooled.

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.



LN15659.08 BL67534



Pure • Cold Pressed • Organic • Non-GMO

Delicious Uses:

- Enjoy straight from the jar or use in spreads, dips & more!
- Enhances the flavor of your favorite foods.
- For cooking, baking or sautéing up to 350°.

**Premium Source:**

- Organic, extra virgin, unrefined & unbleached from non-GMO coconuts; Hexane-free.
- 62% MCTs[†]: 8.7 g medium chain triglycerides (lauric, caprylic and capric acids) per serving.

[†]See Supplement Facts for total fat and saturated fat content.

Aroma and Creamy Taste of Fresh Coconut!

Good for
Cooking



Coconut Oil

EXTRA VIRGIN

Pure & Unrefined • Cold Pressed

USDA
ORGANIC

ORGANIC

DIETARY SUPPLEMENT • NET WT. 32 OZ. (896 g)

Supplement Facts

Serving Size 1 Tablespoon (14 g)

Servings per Container 64

Amount Per Serving		% DV
Calories	130	
Calories from Fat	130	
Total Fat	14 g	22% [†]
Saturated Fat	13 g	63% [†]
Trans Fat	0 g	**
Polysaturated Fat	0 g	**
Monounsaturated Fat	<1 g	**
Cholesterol	0 mg	0%
Medium Chain Fatty Acids	8,694 mg	**
Lauric Acid	6,657 mg	**
Caprylic Acid	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

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Certified Organic by Pro-Cert

Questions? 1-800-9NATURE or naturesway.com