

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.

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◆ LN15673.09 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



ORGANIC

DIETARY SUPPLEMENT • NET WT. 16 OZ. (448 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	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