

Coconut Oil, 16 oz
Organic & Extra Virgin

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Coconut oil is a natural energy source because it contains MCTs (medium chain) "good fats" the body uses to produce energy. As a dietary supplement, Coconut oil is a good addition to physical activity, exercise and weight loss programs.

Our Coconut oil is certified Organic, Non-GMO, Pure extra virgin, Cold pressed, Hexane-free, Unrefined, Non-bleached, has Zero trans fat and Zero hydrogenated fat.

Coconut oil can be taken as a dietary supplement, used for cooking or used for skin & hair care.

Dosage
As a dietary supplement, take 1 to 4 tablespoons daily. May be used as a spread or added to salad dressings & smoothies. **For cooking** use Coconut oil in place of butter, margarine, shortening or other cooking oils for baking or frying in temperatures up to 350 degrees (medium heat). **For skin care** use Coconut oil as a moisturizing lotion. Place jar in warm water to liquefy, then massage small amounts onto the skin. **For hair care** use Coconut oil as a conditioner. Once liquefied apply 2 teaspoons to hair 1 to 2 hours before washing.

Supplement Facts

Serving Size 1 Tbsp (15ml)

Amount Per Serving		% Daily Value
Calories	130	
Calories from Fat	130	
Total Fat	14 g	22%†
Saturated Fat	13 g	67%†
Polyunsaturated Fat	<0.5 g	**
Monounsaturated Fat	<1 g	**
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	994 mg	**

†Percent Daily Values based on a 2,000 calorie diet.

****Daily Value not established.**

Ingredients: Organic Extra Virgin Coconut Oil