

Jarrow Formulas® Extra Virgin Organic Coconut Oil from the fresh flesh of the coconut palm fruit, (*Cocos nucifera*) is **unrefined** and **cold-pressed** in a controlled, indoor environment. This specific process does not utilize any chemical solvents and preserves the volatile compounds responsible for imparting the rich, familiar flavor of coconuts. Coconut oil is a source of medium chain triglycerides (MCTs), such as lauric acid (C-12) and caprylic acid (C-8).

Coconut oil is stable even during long periods of storage. Because its melting point is 75-76° F, coconut oil can be used in both liquid or solid forms for cooking and baking.

**For maximum freshness, best kept refrigerated after opening.**

09115COCOV PROD # 116033



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Lot #. Best Used Before:



Cold Pressed

# Extra Virgin Coconut Oil

Source of Medium Chain Triglycerides  
No Trans Fatty Acids (TFAs)  
No Hydrogenation

Rich & Full Coconut Flavor

16 fl. oz (473 ml)



## Nutrition Facts

Serving Size 1 Tbsp (15 ml)

Servings Per Container Approx. 32

### Amount Per Serving

Calories 130

Fat Cal. 130

% Daily Value\*

Total Fat 14 g

22%

Saturated Fat 13 g

65%

Trans Fat 0 g

Polyunsaturated Fat 0 g

Monounsaturated Fat 0.5 g

Cholesterol 0 mg

0%

Sodium 0 mg

0%

Total Carbohydrate 0 g

0%

Protein 0 g

\* Percent Daily Values are based on a 2,000 calorie diet.  
Not a significant source of Vitamin A, C, Iron or Calcium.

Ingredient: 100% Unrefined Cold-Pressed, Organic, Extra Virgin Coconut Oil.

Contains: Tree nuts (coconut).

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts.

Suitable for vegetarians/vegans.

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
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