

Stays Liquid When Refrigerated



LIQUID Coconut PREMIUM OIL



GREAT for COOKING
SUPERIOR FLAVOR

Energy Source • 93% MCTs

EXPELLER PRESSED • 10 FL OZ (296 mL)

Suggested Cooking Use

As an alternative to butter, margarine or vegetable oil, use for baking and sautéing in temperatures up to 350° F. Great for salad dressings, sauces, dips, smoothies, drizzling over popcorn & more!

Nutrition Facts

Serving Size 1 Tablespoon (15 mL)

Servings per Container 20

Amount Per Serving

Calories 130 **Calories from Fat** 130

% Daily Value*

Total Fat 14 g **22%**

Saturated Fat 13 g 67%

Trans Fat 0g

Polyunsaturated Fat <0.5 g

Monounsaturated Fat <0.5 g

Cholesterol 0 mg **0%**

Sodium 0 mg **0%**

Total Carbohydrate 0 g **0%**

Dietary Fiber 0 g

Sugars 0 g

Protein 0 g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

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

Ingredients: Expeller Pressed Coconut Oil

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

Superior Flavor

- Taste & aroma of fresh coconuts
 - Enhances flavor of your favorite foods
 - Wide variety of healthy uses
- ## Energy Source • 93% MCTs
- 13 g of medium chain triglycerides (lauric, capric and caprylic acids) per tablespoon
 - Ideal for healthy lifestyles including exercise and weight loss programs

No refrigeration required. Store in a cool, dry place. Safety sealed for your protection. Do not use if inner freshness seal under bottle cap is broken or missing. Product of Philippines.

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