

Jarrow Formulas® Organic Coconut Oil (*Cocos nucifera*) is expeller-pressed from the dried flesh (copra) of the coconut palm fruit, and does not utilize any solvents in the manufacturing process. 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.

12113COCOJ PROD # 116028



CERTIFIED ORGANIC
US-ORG-050

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Lot #. Best Used Before:

Jarrow
FORMULAS®



Expeller Pressed

Ideal for Cooking

Coconut Oil

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

Neutral Taste Neutral 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 0.5 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% Expeller Pressed, Organic, 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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