



Premium liquid coconut oil brightened with lemon and rosemary flavors.

Delicious Uses:

- Enjoy fresh or chilled in sauces, dips, dressings, or use in marinades for meat & vegetables.
- Enhances the flavor of your favorite foods.
- For cooking, baking or sautéing up to 350°.



Premium Source:

- Non-GMO coconuts; Hexane-free.
- 93% MCTs‡: 13 g of medium chain triglycerides (caprylic, capric and lauric acids) per serving.

‡See Nutrition Facts for total fat and saturated fat content.



Stays liquid even when refrigerated



Always Liquid

Coconut PREMIUM OIL



Lemon Herb
FLAVORED

SUPERIOR FLAVOR & AROMA

10 FL OZ (300 mL)

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 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 **0%**

Not a significant source of fiber, sugars, vitamin A, vitamin C, calcium, or iron.

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

Ingredients: Coconut Oil, Natural Flavors

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

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 Singapore.

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