

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.**

12113COCOJ32 PROD # 116048



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Lot #. Best Used Before:



CERTIFIED ORGANIC

US-ORG-050

**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

**32 fl. oz (946 ml)**



## Nutrition Facts

Serving Size 1 Tbsp (15 ml)

Servings Per Container Approx. 63

### 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®**

Superior Nutrition and Formulation<sup>SM</sup>

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Certified Organic by QAI.

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