

Nutiva® nurtures vitality by conscious curating of the world's finest plant-based organic foods.

QUALITY

Made from organic dried coconut, this creamy, expeller-pressed coconut oil is refined for a neutral flavor and a higher smoke point of 400°F. A perfect choice for baking and frying where a coconut flavor is not desired.

ORGANIC

Made without pesticides, GMOs or hexane.

VERSATILE

Use as a vegan butter replacement for baking, as a spread on bread or as an all-purpose cooking oil. Also great for skin care, hair care and massage.

Also try our organic Chocolate Hazelnut Spread, Plant Protein, Hemp, Chia and Red Palm products. For delicious recipes, visit nutiva.com.



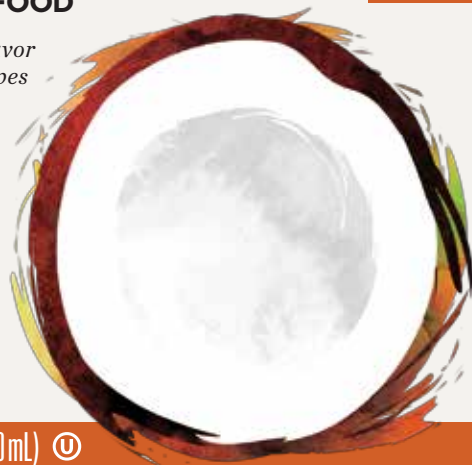
nutiva®
NURTURE VITALITY™

coconut oil

**ORGANIC
SUPERFOOD**

*Neutral flavor
for all recipes*

REFINED



Nutrition Facts

Serving Size: 1 Tbsp (15mL)
Servings Per Container: About 45

Amount Per Serving

Calories 130 Calories from Fat 130

% Daily Value*

Total Fat 14g 22%

Saturated Fat 13g 65%

Trans Fat 0g

Polyunsaturated Fat <0.5g

Monounsaturated Fat <1g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 0g 0%

Protein 0g

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

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

INGREDIENTS: ORGANIC, REFINED, EXPELLER-PRESSED COCONUT OIL

BOTTLED IN A FACILITY THAT PACKS PEANUT OIL.

Certified



PLEASE
RECYCLE

Vegan
Non-GMO
No Hexane
Non-Hydrogenated
0g Trans Fat

See nutrition information for fat content.

STORAGE

No refrigeration required; solid at room temperature and melts at 76°F.

NOTE: Any brown specks are natural to coconut.

MANUFACTURED FOR

Nutiva®

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CERTIFIED ORGANIC

by QAI and ECOCERT ICO (US-ORG-016)

Product of the Philippines



23 FL OZ (680 mL) ©