

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

**1st ORGANIC LIQUID COCONUT  
OIL IN THE WORLD!**

Enjoy the delicate flavor of our  
liquid coconut oil extracted from  
organic coconuts. We use a  
**certified organic process** to remove  
the fats that remain solid at room  
temperature. Use as an alternative  
to olive oil or canola oil.

**VERSATILE AND DELICIOUS**

Perfect for sautéing, sauces, salads,  
smoothies, popcorn and coffee!  
For cooking or baking up to 350°F.  
**Stays liquid even when refrigerated.**

Also try our organic Virgin Coconut  
Oil, Chocolate Hazelnut Spread, Plant  
Protein, Hemp, Chia and Red Palm  
products. **For delicious recipes and  
info on our sustainability efforts,**  
visit [nutiva.com](http://nutiva.com).



# nutiva®

NURTURE VITALITY™

## ORGANIC LIQUID coconut oil

**ORGANIC  
SUPERFOOD**

**CLASSIC**

*Great for cooking,  
smoothies,  
salads &  
coffee*



**16 FL OZ (473 mL)**

### Nutrition Facts

Serving Size 1 Tbsp (15mL)

Servings Per Container About 32

**Amount Per Serving**

**Calories 130**    **Calories from Fat 130**

**% Daily Value\***

**Total Fat 14g**                      **22%**

**Saturated Fat 14g**                **70%**

**Trans Fat 0g**

**Cholesterol 0mg**                    **0%**

**Sodium 0mg**                        **0%**

**Total Carbohydrate 0g**           **0%**

**Dietary Fiber 0g**                    **0%**

**Sugars 0g**

**Protein 0g**

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

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

**INGREDIENTS:** ORGANIC COCONUT OIL  
CONTAINS COCONUT. PACKAGED IN A  
PEANUT-FREE FACILITY.

**MANUFACTURED FOR**

Nutiva®, 213 W. Cutting Blvd.  
Richmond, CA 94804  
(800) 993-4367 • [www.nutiva.com](http://www.nutiva.com)

**Product of Singapore**

**CERTIFIED ORGANIC**

by QAI



**No Hexane • 0g Trans Fat† • 93% MCTs†**

†See Nutrition Facts for **Total Fat**  
and **Saturated Fat** content. 13g of  
medium-chain triglycerides (caprylic,  
capric and lauric acids) per serving.

108822-001

**STORAGE:** No refrigeration required.