

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

### **SIMPLY PURE**

This creamy taste of the tropics is great for sautéing and baking, enhancing your favorite recipes, as well as body care. Savor the rich aroma and enticing light taste of this cold-pressed and unrefined oil. A pinch of salt reduces the coconut flavor in savory recipes.

### **ORGANIC**

Made without pesticides, GMOs or hexane.

### **VERSATILE**

Ideal as a medium heat cooking oil (up to 350°F) and is delicious on bread, vegetables or popcorn. An excellent substitute in baking, and 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](http://nutiva.com).



# nutiva®

NURTURE VITALITY™

## coconut oil

**ORGANIC SUPERFOOD**

*Ideal culinary cooking oil*



**VIRGIN**



14 FL OZ (414mL) ©

### **Nutrition Facts**

Serving Size: 1 Tbsp (15mL)  
Servings Per Container About 28

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.

103575-004

**INGREDIENTS:** \*ORGANIC, UNREFINED, COLD-PRESSED VIRGIN COCONUT OIL

BOTTLED IN A FACILITY THAT PACKS PEANUT OIL.

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

**CERTIFIED ORGANIC**  
by QAI and ECOCERT ICO  
(US-ORG-016)

**\*FAIR TRADE CERTIFIED™**  
by Fair Trade USA

**Product of the Philippines**



Certified



Corporation™

