

**Jarrow Formulas®** Extra Virgin **Organic Coconut Oil** from the fresh flesh of the coconut palm fruit, (*Cocos nucifera*) is **unrefined** and **cold-pressed** in a controlled, indoor environment. This specific process does not utilize any chemical solvents and preserves the volatile compounds responsible for imparting the rich, familiar flavor of coconuts. 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.**

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Lot #. Best Used Before:



**Cold Pressed**

# Extra Virgin Coconut Oil

Source of Medium Chain Triglycerides  
No Trans Fatty Acids (TFAs)  
No Hydrogenation

**Rich & Full Coconut Flavor**

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



## Nutrition Facts

Serving Size 1 Tbsp (15 ml)

Servings Per Container Approx. 63

### Amount Per Serving

|                     |                       |
|---------------------|-----------------------|
| <b>Calories</b> 130 | Fat Cal. 130          |
|                     | <b>% Daily Value*</b> |

|                               |     |
|-------------------------------|-----|
| <b>Total Fat</b> 14 g         | 22% |
| Saturated Fat 13 g            | 65% |
| Trans Fat 0 g                 |     |
| Polyunsaturated Fat 0.5 g     |     |
| Monounsaturated Fat 0.5 g     |     |
| <b>Cholesterol</b> 0 mg       | 0%  |
| <b>Sodium</b> 0 mg            | 0%  |
| <b>Total Carbohydrate</b> 0 g | 0%  |
| <b>Protein</b> 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% Unrefined Cold-Pressed, Organic, Extra Virgin 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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