

Organic Virgin COCONUT OIL

Savor the tropical taste of our certified organic coconut oil, made from fresh coconuts that are cold-pressed to preserve the nutrients. As delicious as it is versatile, our coconut oil is great for baking, cooking, or as a substitute for butter.

DR. MERCOLA® HEALTHY CHEF

FRESH SHORES

Organic Virgin COCONUT OIL



CERTIFIED ORGANIC

COLD-PRESSED • NO TRANS FAT

NET CONTENTS 1 QT. (946 mL)

Nutrition Facts

Serving Size: 1 Tbsp. (15 mL)
Servings Per Container: 63

Amount Per Serving		
Calories 120		Calories from Fat 120
		% Daily Value*
Total Fat 14 g		22%
Saturated Fat 12 g		60%
Trans Fat 0 g		
Sodium 0 g		0%
Total Carbohydrates 0 g		0%
Protein 0 g		0%
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 0%

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

INGREDIENTS: ORGANIC COCONUT OIL.

CONTAINS COCONUT.

DISTRIBUTED BY:

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CERTIFIED ORGANIC BY QAI:
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Product of The Philippines

