

DR. MERCOLA®
HEALTHY CHEF

Extra Virgin COCONUT OIL

Savor the tropical aroma and light taste of our 100% organic coconut oil, made from fresh coconuts that are cold-pressed to yield a coconut milk emulsion. Next, the pre-chilled oil and water layers are separated by centrifuge, resulting in a pure, natural and unrefined coconut oil.

FRESH SHORES

Extra Virgin COCONUT OIL



100% ORGANIC
COLD PRESSED • CENTRIFUGE EXTRACTED

Net contents 1 gallon (3.75 liters)

Nutrition Facts

Serving Size: 1 Tbsp. (14g)
Servings per container: 256

Amount Per Serving		
Calories	120	Calories from Fat 120
		% Daily Value*
Total Fat	14g	22%
Saturated Fat	13g	62%
Cholesterol	0g	0%
Sodium	0g	0%
Total Carbohydrate	0g	0%
Protein	0g	0%

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, calcium and iron.

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

Ingredients: Certified Organic Coconut Oil.*

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*Certified Organic by International Certification Services, Inc.



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