

DR. MERCOLA®
HEALTHY CHEF



organic
COCONUT OIL

Raw & Extra Virgin
*Cold-Pressed to Preserve
the Nutrients*



16 FL. OZ. JAR • NET WT. 13.6 OZ. (385.5 g)

organic
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.



Nutrition Facts

27 servings per container

Serving size **1 Tbsp. (14 g)**

Amount per serving

Calories **120**

% Daily Value

Total Fat 14 g **18%**

Saturated Fat 13 g **65%**

Sodium 0 mg **0%**

Total Carbohydrate 0 g **0%**

Protein 0 g

Not a significant source of *trans* fat, cholesterol, total sugars, added sugars, dietary fiber, vitamin D, calcium, iron, and potassium.

INGREDIENTS: ORGANIC VIRGIN COCONUT OIL. CONTAINS TREE NUTS (COCONUT).

DISTRIBUTED BY: NHP
125 SW 3rd Place
Cape Coral, FL 33991 USA
(877) 985-2696

Certified Organic By:
International Certification Services, Inc.



Product of
The Philippines

