

Simply Nutritious Simply Versatile

Raw Organic coconuts are among the world's most nutritious foods, and we've carefully cold-pressed them (never bleaching, refining, deodorizing or hydrogenating) locking in all of the flavour and nutrition.

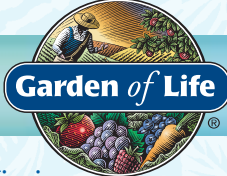
Use our Raw Organic Extra Virgin Coconut Oil by the spoonful to add creamy richness to smoothies or salad dressings. It's great as a medium-heat sautéing oil or in baking. Use as part of your organic body care program.

Simply Clean

Our Raw Organic Extra Virgin Coconut Oil is **Certified USDA Organic** and **Non-GMO Project Verified**.



Net Wt 414 mL



Raw Extra Virgin COCONUT OIL

Simply Delicious



NUTRITION INFORMATION

414 mL ORGANIC RAW EXTRA VIRGIN COCONUT OIL

Amount Per Serving: 15 mL

Servings Per Container: 27

TYPICAL VALUES	PER 100 mL	PER SERVING	% R I PER SERVING
Energy	3487 kJ 833 kcal	523 kJ 125 kcal	6% 6%
Fat	93 g	14 g	20%
of which:			
Saturates	90 g	13.5 g	68%
Mono-unsaturates	3 g	0.5 g	+
Carbohydrate	0 g	0 g	0%
of which:			
Sugars	0 g	0 g	0%
Protein	0 g	0 g	0%
Salt	0 g	0 g	0%

Reference Intake of Average Adult
(8400 kJ / 2000 kcal)

+Reference Intake (RI) not established.

Ingredients: Organic Expeller Cold-Pressed Coconut Oil.

DIRECTIONS: No refrigeration required. Use in cooking, sautéing, baking or in smoothies. Can be used in place of other oils including butter.

If stored below 25°C oil will solidify. If exposed to temperatures above 25°C oil will liquify.

Certified



Corporation



We Buy 100% Certified Renewable Energy

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