

Native Forest® Organic Virgin Coconut Oil is cold-pressed from the meat of organic coconuts. It boasts a healthy lauric acid content and a wealth of medium-chain fatty acids (MCFAs). Our Organic Coconut Oil is extremely stable at high cooking temperatures. It's a smart choice in the kitchen, ideal for baking, frying and all your cooking needs.

A prudent addition to your healthy, balanced diet, it is also nourishing when applied directly to the skin and scalp. It's a great skin moisturizer and gentle make-up remover too!

Our Organic Coconut Oil is grown and processed with a heartfelt appreciation of its unique qualities and in full compliance with USDA organic standards. We know you will enjoy its simple purity and wonderful versatility.

**Native Forest® Organic Virgin Coconut Oil:**  
Supporting well-being and radiance inside and out.™  
Store in a cool dry place.



Native Forest® is a trademark of:  
 **A Family Owned  
Vegetarian  
Company  
Since 1978**  
Convenience Without Compromise®  
Questions? Write to [custserve@edwardandsons.com](mailto:custserve@edwardandsons.com).

*Perfect for  
Cooking, Frying  
& Baking*



# 100% ORGANIC VIRGIN COCONUT OIL

## Cold Pressed



NET 16 FL OZ 473mL



### Nutrition Facts

Serving Size 1 Tbsp (15mL)  
Servings Per Container about 31

#### Amount Per Serving

**Calories 130**    Calories from Fat 130

%Daily Value\*

**Total Fat** 14g                      **22%**

Saturated Fat 13g                  **63%**

Trans Fat 0g

**Cholesterol** 0mg                  **0%**

**Sodium** 0mg                        **0%**

**Total Carbohydrate** 0g          **0%**

Dietary Fiber 0g                   **0%**

Sugars 0g

**Protein** 0g

Vitamin A 0%                      •                      Vitamin C 0%

Calcium 0%                        •                      Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on your calorie needs.

### Ingredients: Organic Virgin Coconut Oil.

Coconut Oil is a gluten free food.



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