Native Forest® Organic Virgin Coconut Oil is cold-pressed from the meat of mature organic coconuts. It boasts a healthy lauric acid content and a wealth of medium-chain fatty acids (MCFA), which many experts recommend for its impact on metabolism and weight loss. The antioxidant action of organic coconut oil is welcome in our diet and protective when applied to our skin.

In the kitchen, Native Forest® Organic Coconut Oil is extremely stable when exposed to heat and highly resistant to free radical formation. It is ideal for baking and for stove top cooking as well. Enjoyed for centuries as a foundation of tropical cuisines, coconut oil is a prudent addition to a healthy, balanced diet.

Serving suggestion: Enjoy Native Forest® Organic Coconut Oil on fresh, hot popcorn instead of melted butter. Yum!

Store in a cool dry place.

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Convenience Without Compromise®

Questions? Write to custserve@edwardandsons.com.

Perfect for Cooking, Frying & Baking

NATIVE FOREST®

USDA ORGANIC

100% ORGANIC VIRGIN COCONUT OIL Cold Pressed

NET 16 FL OZ 473mL

PAREVE · GF GLUTEN-FREE · VEGAN

Nutrition Facts

Serving Size 1 Tbsp (15mL)
Servings Per Container about 32

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.

YZ03.2

Ingredients: Organic Virgin Coconut Oil.

Coconut Oil is a gluten free food.

Edward & Sons™

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Carpinteria, CA 93014 USA
www.edwardandsons.com

Certified organic by QAI
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