

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 (MCEA). Since we never raise the oil temperature above 115° F during processing, our wonderful oil is pure and safe, while retaining the nutritional benefits demanded by raw food enthusiasts.

Native Forest® Organic Virgin Coconut Oil is extremely stable when exposed to heat and is highly resistant to free radical formation at any temperature. It's a smart choice in the kitchen, ideal for baking and for stovetop cooking as well.

Enjoyed for centuries as a foundation of tropical cuisines, coconut oil is a prudent and a treasured addition to a healthy, balanced diet.

Store in a cool dry place.

Questions? Email custserv@edwardandsons.com.



*Perfect for
Cooking, Frying
& Baking*



100% ORGANIC VIRGIN COCONUT OIL

Cold Pressed



NET 1 QT 940 mL



Nutrition Facts

Serving Size 1 Tbsp (14 mL)
Servings Per Container about 67

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 less than 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.

Dist. by Edward & Sons Trading Co., Inc.

Edward & Sons
PO Box 1326

Carpinteria, CA 93014 USA

www.edwardandsons.com

Certified organic by QAI

Product of Sri Lanka

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