

Perfect for  
Cooking, Frying  
& Baking



# 100% ORGANIC VIRGIN COCONUT OIL

## Cold Pressed



NET 1 Gal 3.7L



© 2023

Edward & Sons Trading Co., Inc.  
Convenience Without Compromise®  
We are the Coconut People®



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). 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 stove top 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. Native Forest® Organic Virgin Coconut Oil is picked only by skilled farmers, and grown and processed accordingly to strict rules for organic agriculture, with a heartfelt appreciation of its unique qualities.

We believe it to be one of the finest edible oils in the world.

## Nutrition Facts

About 264 servings per container  
**Serving Size 1 Tbsp (14 ml)**

Amount per serving  
**Calories 120**

	% Daily Value*
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 12g	<b>60%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg 0%	Calcium 0mg 0%
Iron 0mg 0%	Potas. 0mg 0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.

**INGREDIENTS:**  
**ORGANIC VIRGIN**  
**COCONUT OIL.**



Distributed by:  
Edward & Sons Trading Co., Inc.  
PO Box 1326  
Carpinteria, CA 93014 USA  
edwardandsons.com  
Certified organic by QAI  
PRODUCT OF SRI LANKA  
email: custserv@edwardandsons.com  
Store in a cool dry place.