

Native Forest® Organic Virgin Coconut Oil is cold-pressed from the meat of organic coconuts. 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 good 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 in full compliance with USDA organic standards. We know you will enjoy its simple purity and wonderful versatility.

Store in a cool dry place.

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# 100% ORGANIC VIRGIN COCONUT OIL

FOR COOKING • FRYING • BAKING

VEGAN GLUTEN FREE

NET 16 FL OZ 473ml



## Nutrition Facts

About 33 servings per container  
Serving Size 1 Tbsp (14ml)

Amount per serving  
**Calories 120**

% Daily Value\*

**Total Fat** 14g **18%**

Saturated Fat 12g **60%**

Trans Fat 0g

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

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

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

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 0g

Vit. D 0mcg 0% Calcium 0mg 0%

Iron 0mg 0% Potassium 0mg 0%

\* The % Daily Value 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.

Coconut oil is a gluten free food.

Distributed by:

Edward & Sons Trading Co., Inc.

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edwardandsons.com

Certified organic by QAI

Convenience Without Compromise®

Product of Sri Lanka

Edward & Sons: The Coconut People®

