

In a fertile Thailand valley surrounded by pristine highlands, hundreds of acres of certified organic coconut palm trees flourish. Their organic stewardship nourishes soil, enhances biodiversity and nurtures the overall ecology of the region.

We press the meat of these fresh organic coconuts to make Native Forest® Organic Classic Coconut Milk, adding only filtered water and a tiny amount of organic guar gum (from organic guar seeds). A staple of many Asian and Caribbean cuisines, Native Forest Organic Classic Coconut Milk lends rich and creamy goodness to soups, curries sauces, desserts, beverages and more!

See [edwardandsonsrecipes.org](http://edwardandsonsrecipes.org) for tasty recipes. Refrigerate after opening and enjoy within 4 days. Shake well. Coconut milk will separate when cold. For a smoother consistency, warm its container in a bowl of hot water and stir contents well.

Native Forest® is a trademark of Edward & Sons Trading Co., Inc., the Coconut People®.



We are a family-owned, vegetarian company offering Convenience Without Compromise®... since 1978. [custserv@edwardandsons.com](mailto:custserv@edwardandsons.com)  
**NON-BPA CAN • BPANI**

**NATIVE  
FOREST®**

**ORGANIC  
COCONUT  
MILK**

**UNSWEETENED  
CLASSIC**



SERVING SUGGESTION

**13.5 FL OZ  
398 ml**

## Nutrition Facts

About 5 servings per container  
Serving Size **1/3 cup (80ml)**

Amount per serving  
**Calories 140**

% Daily Value\*

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

Saturated Fat 13g **65%**

Trans Fat 0g

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

**Sodium** 20mg **1%**

**Total Carbohydrate** 2g **1%**

Dietary Fiber 0g **0%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** less than 1g

Vit, D 0mcg 0% • Calcium 3.3mg 0%

Iron 0.4mg 2% • Potas. 120mg 2%

\* 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 Coconut Milk  
(Organic Coconut, Filtered Water,  
Organic Guar Gum).**

**Edward & Sons**  
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