



**Recommended Use.** Adults: Take 1 tablespoon daily mixed in smoothies, salad dressings, grain dishes, sauces, desserts, snacks, etc. Infants & children (age 10 & under): take 2 teaspoons daily mixed in food. **Please refrigerate after opening.**

Unrefined coconut oil is one of the most versatile, healthiest oils in the world. Due to its high smoke point, it is excellent for cooking and sautéing; it also blends well with other oils.

*The Finest Quality in the World*

This product is 100% raw, unrefined, non-GMO, virgin coconut oil sourced from Kerala, India, considered to be one of the finest sources in the world. It is meticulously processed without heat according to ancient Ayurvedic tradition.

- *Not refined, bleached, deodorized or hydrogenated coconut oil as commonly available which is damaged and best avoided*
- Easy digestibility; luscious, full coconut flavor and aroma
- First-class nutrition; great for baby foods
- An impressive source of beneficial fatty acids such as medium chain triglycerides (MCT) that is naturally free of trans fats

*This product was manufactured in an NSF-GMP Registered facility for superior quality assurance.*

# Coco-Gold

## Premier, Virgin, Raw, Unprocessed Coconut Oil

World Class Quality  
 from Kerala, India  
 Pure Vegan Great for babies

**18 FL OZ (486 g)**

<b>Nutrition Facts</b>	
Serving Size 1 Tablespoon (14 g)	
Servings Per Container about 35	
<b>Amount Per Serving</b>	
<b>Calories</b> 120	Calories from Fat 120
<b>% Daily Value*</b>	
<b>Total Fat</b> 14 g	<b>22%</b>
Saturated Fat 12 g	<b>60%</b>
Polyunsaturated Fat 1 g	
Monounsaturated Fat 1 g	
<b>Sodium</b> 0 mg	<b>0%</b>
<b>Total Carbohydrate</b> 0 g	<b>0%</b>
<b>Protein</b> 0 g	
Not a significant source of <i>trans fat</i> , cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium or iron.	
* % Daily Values are based on a 2000 calorie diet	

**Ingredients:** Unrefined coconut oil  
*Once this bottle is opened and refrigerated, use within 90 days.*

**Violite® Color Protection**  
 According to the Fraunhofer Institute in Munich, Germany, the photosensitive range for food and organic compounds lies between 450 to 720 nanometers. Most radiation damage occurs in this light range.  
 Therefore, our bottles are custom-color manufactured (dark violet) to block these frequencies. Further, we use a 100% nontoxic PET bottle (more expensive than glass) because it can achieve a better seal than glass to block oxygen. Additionally, the PET plastic has no toxic chemical outgassing as do most other plastics used for food or oils.

**Freshness Protection**  
 In Kerala, India, this oil is placed in nontoxic HDPE drums, then nitrogen-flushed (to prevent oxidation). When it reaches our US facility, we repackage the oil in custom-made, light-blocking, nontoxic PET plastic. Each bottle is again nitrogen-flushed which provides ideal freshness and near-perfect preservation.