

VIRGIN COCONUT OIL



At Food4Change, our virgin coconut oil is derived from fresh coconuts and extracted through a cold press process. Unrefined, unbleached, Hexane free, made from non-GMO coconuts, and packaged for consumers at our Canadian facility.

Quick Facts:

- Contains medium chain triglycerides (MCTs), which are an efficient natural energy source
- Mild aroma of fresh coconuts, for use in all types of recipes
- Anti-inflammatory
- Aids in losing weight and building muscle
- High in vitamins and minerals
- Anti-viral, anti-fungal and antibacterial properties
- Cooking, baking, sautéing, and frying
- Add to hot beverages, topping oatmeal, and popcorn
- Use in spreads & dips.
- Use in cosmetics and hair products as a moisturizer
- Use in massage oil, lip balms, and soaps
- Dietary supplements
- Smoke point - 175°C

Nutrition Facts	
Serving Size 1 tbsp (15mL)	
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 13g	65%
Carbohydrate 0g	0%
Fibre 0g	0%
Sugars 0g	0%
Protein 0g	0%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	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 nutrition advice.



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