

COCONUT OIL

NUTRITIONAL INFO:

CALORIES 862
TOTAL FAT 100G
SATURATED FAT 87G
POLYUNSATURATED FAT 1.8G
MONOUNSATURATED FAT 6G
CHOLESTEROL 0MG
SODIUM 0MG
TOTAL CARBOHYDRATE 0G
DIETARY FIBER 0G
SUGAR 0G
PROTEIN 0G

MAIN HEALTH BENEFITS:

CONTAINS HEALTHY FATTY ACIDS.
MAY BOOST HEART HEALTH.
MAY ENCOURAGE FAT BURNING.
MAY HAVE ANTIMICROBIAL EFFECTS.
MAY REDUCE HUNGER.
MAY REDUCE SEIZURES.
MAY RAISE HDL (GOOD) CHOLESTEROL.
MAY PROTECT YOUR SKIN, HAIR, AND TEETH.
MAY BOOST BRAIN FUNCTION IN
ALZHEIMER'S DISEASE.
MAY HELP REDUCE HARMFUL ABDOMINAL
FAT.

