

ORGANIC COCONUT OIL

16oz JAR

Certified Organic
Non-GMO
Vegan
Gluten-Free

Organic Coconut Oil is pure, cold-pressed virgin coconut oil. Our Organic Coconut Oil is hand-poured into jars at a low temperature making a marbled texture that shows it is still in its raw state. Organic Coconut Oil has a light, delicious flavor.

- Supports healthy immune function (especially when used raw)
- Is a healthy alternative to butter and other oils
- Does not contain any cholesterol nor promote platelet stickiness in the blood.
- Stable under high heat, making it the ideal oil for cooking
- May help improve nutrient absorption



COLD PRESSED | HAND FILLED

Naturally sourced from the Philippines, Pure Planet's Organic Coconut Oil is 100% pure and verified non-GMO by the Non-GMO Project.

WHY WE OFFER COCONUT OIL

Pure Planet believes that organic, virgin coconut oil should be consumed on a regular basis as it contains vital phytochemicals that cannot be obtained from sources other than mother's milk. We hand-fill each jar to preserve the delicate qualities of RAW coconut oil, which could be lost during the hot filling process. Without the use of machines or heated pipes, Pure Planet ensures the premium quality of this virgin oil.

INTERESTING FACTS

Coconut oil contains essential nutrients, including monolaurin, and caprylic and palmitic acids. Monolaurin converts to lauric acid, a valuable part of mother's milk that helps boost immunity to yeast, mold, bacteria and viruses. Caprylic acid can help balance the thyroid and body weight, while palmitic acid allows the oil to withstand high temperatures.

Coconut oil is considered a saturated fat; however, unlike other saturated fats, it does not contain cholesterol. It is commonly thought that fat only comes in two "sizes," saturated and monounsaturated, but they also actually come in 3 sizes. Fat triglycerides can be too big (long chain), too small (short chain) or just right (medium chain), like those present in coconut oil. The fats in coconut oil can be digested without producing excess insulin, which can help avoid storing extra body fat. This makes the oil a good alternative for weight loss!

HISTORY

When scientists attempted to recreate the natural goodness of mother's milk synthetically, it was impossible - primarily because there was no substitute other than raw coconut fat.

In the 1960s, cattle ranchers learned the hard way that coconut oil burns fat. When they tried to fatten up their cattle with cheap coconut oil, the cows lost weight, instead!

While some manufacturers have added hydrogenated oils to their batches, Pure Planet's remains non-GMO and pure. Today, we recognize that coconut oil is indeed a healthy fat, especially compared to hydrogenated oils and unhealthy trans fats.

POTENTIAL BENEFITS

Coconut oil's lack of trans fat and ability to withstand high heat make it a safe cooking oil alternative with many benefits. While maintaining healthy cholesterol levels, the oil's medium chain triglyceride helps the body metabolize excess fat. Raw coconut oil may also help support active thyroid maintenance and the body's immune function. Promising research indicates that oil consumption can support lower brain plaque levels. The oil has even been used as a natural remedy for intestinal parasites and as a natural skin moisturizer. It truly is multi-functional.

HOW IT IS MADE

Pure Planet's Coconut Oil is produced out of the fresh flesh of organic, non-GMO coconut palm fruits (*Cocos nucifera*). The fresh coconuts are shelled and pared, and the white meat is grounded and then dried. The dried meat is then processed through a cold process expeller press where the oil is separated from the meat. Finally, the oil is filtered and packaged.

Nutrition Facts

32 servings per container

Serving Size 1 tablespoon (13g)

Amount Per Serv.

Calories 116

	%DV*	%DV*
Total Fat 14g	22%	Vitamin D 0%
Saturated Fat 12g	60%	Calcium 0%
Trans Fat 0g	0%	Iron 0%
Sodium 0mg	0%	Potassium 0%
Total Carbohydrates 0g	0%	
Dietary Fiber 0g	0%	
Sugars 0g		
Protein 0g		

*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 nutrition advice.

SUGGESTED USE:

Although Coconut Oil can be safely and beneficially used in cooking, its nutritional benefits are maximized by using it raw. Take 1 tbsp by mouth or mix in smoothies. May also be used as a butter substitute on toast or in hot cereal.

INGREDIENTS:

Pure, 100% organic coconut oil.

PRODUCT	SIZE	ITEM	SKU	CASE	WHOLESALE	MSRP
Organic Coconut Oil	16oz	87030	091401870309	12	8.70	14.50