

ORGANIC EXTRA VIRGIN COCONUT OIL



Ingredients - Organic coconut white kernel

Organic Extra Virgin Coconut Oil is an oil of high clarity that is rich in MCTs (Lauric acid). Although it may appear physically similar to Organic Virgin Coconut Oil, it is extracted using a different method. The process begins with the extraction of coconut milk from the white kernel of organic coconuts. The milk is then passed through a centrifuge which separates oil from the water.

Organic Extra Virgin Coconut Oil is exposed to a lower temperature (less than 550 C of heat) than oils that use other extraction processes, thereby retaining more of the heat sensitive nutrients in the oil.

Ingredient	: 100% organic extra virgin coconut oil
Origin of Ingredient	: Sri Lanka
Suitable for	: Salad dressing, low temperature cooking, frying and baking, direct consumption, applying on hair and skin.
Shelf Life	: 24 months
Storage	: Store in un-open packing. No refrigeration required.

The oil remains liquid at temperatures.

Above 240 C / 75.2 F

Note : Any brown specs are natural for coconut. Keep the jar always closed.

Nutrition Information Per 100g	
Energy	3700 kJ
Protein	0.2 g
Fat Total	99.92 g
Saturated	94.62 g
Monounsaturated	4.53 g
Polysaturated	0.77 g
Trans	0.0 g
Lauric Acid	48 g
Caprylic Acid	10.0 g
Myristic Acid	18.9 g
Capric Acid	6.5 g
Carbohydrates	0.0 g
Sugar	0.0 g
Dietary fiber	0.0 g
Sodium	2.2 g
Gluten	0.0 g

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