



Organic Extra Virgin Coconut Oil

Tresomega Nutrition Organic Extra Virgin Coconut Oil is made from 100% cold pressed young coconuts. Organic Extra Virgin Coconut Oil is nonhydrogenated, contains no trans-fat, and is cholesterol free. A healthy substitute to butter, Organic Extra Virgin Coconut Oil is excellent for cooking and baking, bringing a fresh pure taste to your favorite foods with an exotic scent and flavor of the tropics.

The Coconut Oil Myth

Coconut Oil was once mistakenly considered unhealthful. The fact is, this oil is cholesterol-free and rich in medium-chain “good fats” (62% MCTs) doctors recommended. Coconut is one of the world’s most nutritious foods. In fact, nutritionists suggest enjoying 1 or tablespoons of coconut oil daily.

Product Highlights

- Rich in Medium Chain Fatty Acids (62%MCT)
 - Lauric Acid: 6657 mg per serving
 - Caprylic Acid: 1043 mg per serving
 - Capric Acid: 994 mg per serving
- Made with 100% certified, organic, cold pressed coconuts
- Suitable for Vegetarians and Diabetics
- Non Hydrogenated, Trans-Fat Free
- Safety sealed to preserve and lock in flavor
- ECCOCERT Fair Trade Certified
- Dietary Supplement, Skin Care, Hair Care & Healthy

Cooking Oil

- Heavenly, Creamy Taste of the Tropics
- Free from pesticides, GMO’s, Hexane
- No Cholesterol
- Not Refined, Deodorized or Bleached





Health Benefits

Medium Chain Fatty Acids:

- *are a source of readily-available energy
- *increase the body's metabolic activity;
- *create the feeling of satiety;
- *decrease the amount of fat stored in adipose tissue.

Lauric, Caprylic and Capric Acids

- *have anti-microbial activity;
- *combat pathogenic and disease-causing viruses;
- *help combat excessive intake of unhealthy; and harmful trans fatty acids;
- *are required for proper cell structure and functioning.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Product Specifications

Ingredients: 100% Organic Cold Pressed Extra Virgin Coconut Oil

Suggested Use: Take 1 tbsp daily.

Country of Origin: Product of the Philippines

Mountain High Organics Inc. will guarantee quality/stability of finished product for 24 months from date of manufacture. The bottle must be properly sealed; the product stored at temperatures between 15-30°C (59-86°F), and a humidity of <50%.

This Product is Free From:

Artificial color, artificial flavor, corn, gluten (wheat), lactose (dairy), yeast, tree nuts, peanuts, sesame, eggs, crustacean shellfish, sugar, sodium.

Supplement Facts

Serving Size 1 Tablespoon (14 g)
Servings Per Container 32

Amount Per Serving	% Daily Value	
Calories	130	
Calories from Fat	130	
Total Fat	14 g	22%†
Saturated Fat	13 g	67%†
Polyunsaturated Fat	<0.5 g	**
Monounsaturated Fat	<1 g	**
Medium Chain Fatty Acid	9 g (8,694 mg)	**
Lauric Acid	7 g (6,657 mg)	**
Caprylic Acid	1 g (1,043 mg)	**
Capric Acid	994 mg	**

†Percent Daily Values based on a 2,000 calorie diet.

**Daily Value not established.

Usage Guide

For Cooking: Use in place of margarine, butter, shortening or other cooking oils for baking or frying in temperatures up to 350 F. Use also as a spread or added to salad dressing & smoothies.

For Hair Care: Use as a conditioner, place jar in pan of warm water to liquefy. Apply 1-2 tablespoons to wet hair, let stand for one hour before washing. Wash thoroughly with very warm water and a non-moisturizing shampoo. It may require repeated washings.

For Skin Care: Use as a moisturizing lotion, place jar in a pan of warm water to liquefy. Add fragrant oils if desired, then massage small amounts directly onto the skin.

Applications: It is the perfect vegan and dairy-free alternative to butter or margarine.

- Dietary Supplement
- Weight Loss Program
- Soothing Body Oil
- Cosmetics
- Soaps
- Cooking / Baking
- Sports Nutrition
- Moisturizers
- Hair Care

