

COCONUT VIRGIN OIL



Sri Lankans continue to use coconut oil in their day to day life since many centuries. Sun drying of the coconut (copra) in their own household is a common sight in most of the rural Sri Lanka. Coconuts are found in abundance and households are self-sufficient in their need for coconut oil.

Virgin coconut oil started to grow as an industry only from the beginning of this century. Sun dried coconuts were replaced by fresh coconuts and processing mills continued to be established in abundance targeting the export market. Huge demand for virgin coconut oil backed by its strong claims on health benefits continued the industry to grow at a rapid pace. Today the virgin coconut oil is the most preferred oil in the world for its high lauric acid content and its high level of medium chain triglycerides.

Key highlights about Virgin Coconut Oil

Ingredients –Coconut

What great about - High in Lauric Acid, High in MCT (Medium Chain Triglycerides), High in HDL cholesterol, Vegan, Gluten Free, Cholesterol Free, Non GMO, Lactose Free

Preparation Instructions – Consume directly using a spoon 2 times a day, add to your salads, cooking, frying, Make it a part of your day to day recipes, Apply on your hair and skin, Use in oil pulling,

Production Facility - ISO22000 Certified.

Nutritional Panel

Nutritional Information - 500ml		
Servings per package	8	
Serving size	60ml	
	100g	60ml
Energy Value	3766Kj / 900Kcal	2259Kj/540Kcal
Total Fat	100g	60g
of which saturated fat	93g	56g
Total carbohydrate	0g	0g
of which sugar	0g	0g
Dietary fiber	0g	0g
Protein	0g	0g
Salt	0g	0g

- Origin - Sri Lanka
- Shelf Life - 24 Months from the date of Manufacture
- Storage - Store in a cool dry place away from direct sunlight. Use a dry spoon.
- Allergen - Coconut Only