



Connecticut Coconut Company
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**NUTRITIONAL ANALYSIS
 ORGANIC VIRGIN COCONUT OIL**

COUNTRY OF ORIGIN: Philippines

ITEM CODE - vcoob-100-1

Ingredient/s:	Organic Coconut Meat
	Amount per 1 tbsp. serving (15ml)
Calories from Saturated Fat	125 Cal
Protein	0 g
Dietary Fiber	0 g
Sugar	0 g
Cholesterol	0 mg
Total Fat	14 g (serving size)
<i>Fatty Acid Composition</i>	
Lauric Acid	56.4%
Caprylic Acid	4.0%
Caproic Acid	0.2%
Capric Acid	4.4%
Myristic Acid	19.5%
Palmitic Acid	7.8%
Stearic Acid	2.5%
Oleic Acid (unsat'd)	4.6%
Linoleic Acid	0.6%
Moisture	0.10%
Vitamin C	0 mg
Calcium	0 mg
Iron	0 mg

Based on external analysis results

Issued to CCC Sales Department