

Palm oil or Dende Oil has been described as "the heart and soul of one of the hemisphere's great postcolonial food cultures"

Red Palm oil is unrefined and loaded with all its Nutritional values. It can be used in cooking, baking And Food preparation. It is also free of cholesterol and trans-fatty acids. Red palm oil is also a rich source of phytonutrients such as beta-carotene, alpha-carotene, Vitamin E, lycopene and other carotenoids. Red palm oil has been used for thousands of years as a cooking oil in the East, but has only recently become available in the West.

Ingredients: 100% Virgin and unrefined palm oil.

Directions: Apply heat by placing bottle in hot water or running hot water on the bottle to bring to an Oily state. For maximum nutritional Benefit use at least 1 (one) tablespoon daily.



RSPO

Roundtable on Sustainable Palm Oil

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Ö K O N A T U R®

Red Palm Oil

Extra Virgin



16 FL. OZ. (453 grams)

Nutrition Facts

Serving Size: 14g Servings per container:

Amount per serving:
Calories 126
Calories from fat: 126

		% Daily Value *	
Total Fat	14g	28%	
Saturated Fat	8g	38%	
Trans Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	0mg	0%	
Total Carbohydrate	0g	0%	
Dietary Fiber	0g	0%	
Sugars	0g		
Protein	0g		
Vitamin A, IU		8480*	
Beta Carotene, mg		4.1	
Alpha Carotene, mg		1.9	
Other Carotene, mg		2.9	
Vitamin E, IU (Mixed Tocopherol)		1.3	
Tocopherols, mg		1	
Tocotrienols, mg		1	
Vitamin A	200%	Vitamin C	0%
Calcium	0%	Iron	0%

Not a significant source of dietary fiber, sugars, vitamin C, calcium and iron.

*Percentage Daily Values based on a 2,000 calorie diet.