

Nutrition Facts

Serving Size: 1 Tablespoon (14g)

Servings per Container: About 32

Amount Per Serving

Calories 120 **Calories from Fat** 120

	%DV [†]
Total Fat 14 g	22%
Saturated Fat 13g	63%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	0%

Not a significant source of Dietary Fiber, Vitamins A and C, Iron or Calcium.

[†] Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower, depending on your caloric requirements.

Typical profile of Fatty Acids (per serving)

Medium Chain Fatty Acids - 9g to 10g

Lauric Acid - 6g to 8g

Caprylic Acid - 640 mg to 1,400 mg

Capric Acid - 630 mg to 1,358 mg