



#### CHEMICAL ANALYSIS:

Iodine Value 5.0-10.0  
 Peroxide Value 3.0 meq/kg oil  
 Free Fatty Acid (As Lauric)  
 % 0.10% Max  
 Melting Point 26 Degrees C  
 Unsaponifiable Matter in Oil  
 Not more than 18g/k  
 Moisture & Impurities % 0.10 Max  
 Saponification Value 248-265  
 Fatty Acid Composition %

Caproic	0-0.7
Caprylic	5.9-8.0
Capric	5.9-8.0
Lauric	45.1-56.4
Myristic	16.8-21.0
Palmitic	7.5-10.2
Palmitoleic	Not Detected
Stearic	2.0-4.0
Oleic	5.0-10.2
Linoleic	1-2.5
Linolenic	0-0.2

# SuperOne

## Extra Virgin

# Coconut Oil

### Health Giving

#### ORGANIC 100% NATURAL

INGREDIENTS: Organic 100% Natural Coconut

DESCRIPTION: Coconut oil rich medium chain fatty acid and most of the fatty acid in coconut oil is saturated fatty acids. (Lauric (C12) & Capric (C10) acid)

TASTE: Mild, Fresh characteristic of coconut – No off odour

COLOUR: Colorless, transparent liquid



NUTRITIONAL INFORMATION:  
 Per 100 ml sample

#### BASIC COMPONENTS

Protein	0 g
Dietary Fiber	0 g
Sugar	0 g
Cholesterol	0 Mg
Total Fat	98.85 g
Moisture	0.1 g
Carbohydrates	0.92 g
Ash	0.11 g
Calories from Fat	890 Cal
Total Fat	98.85 g
Total Calories	893 Cal
Sodium	2.03 g
Saturated Fat	88.96 g
Potassium	0.94 g