

# Nutritional Information & Ingredients' Lists

## 100% Coconut Water (Blue Label)

**Available Sizes:**

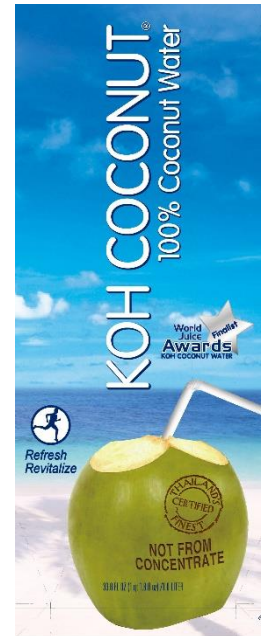
- 1 Liter Tetra Pak Prisma
- 250ml Tetra Pak Brik
- 500ml PET Bottle
- 350ml PET Bottle

**Ingredients:**

**100% Thai Coconut Water**

<b>Nutrition Facts</b>	
4 servings per container	
Serving size 8 fl oz(240ml)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>45</b>
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 40mg	2%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	
Calcium 31.2mg	2%
Potassium 340mg	8%
Phosphorus 12.5mg	**
Magnesium 15.1mg	4%

\* The % Daily Value(DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.  
\*\*Contains less than 2 percent of the Daily Value of this nutrient.



## 100% Organic Coconut Water

**Available Sizes:**

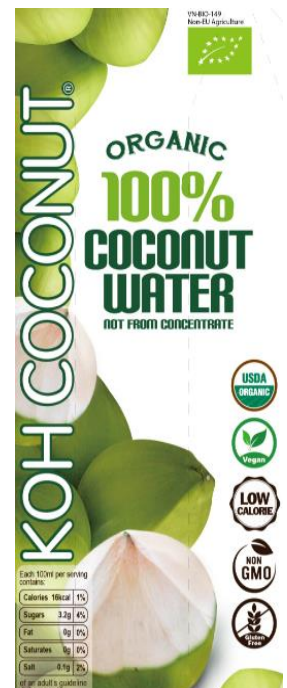
- 1 Liter Tetra Pak Prisma

**Ingredients:**

**100% Organic Coconut Water**

<b>Nutrition Facts</b>	
About 4 servings per container	
Serving Size 8 fl oz(240mL)	
<b>Amount per Serving</b>	
<b>Calories</b>	<b>40</b>
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 95mg	4%
<b>Total Carbohydrate</b> 10g	3%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	
Calcium 30mg	2%
Potassium 410mg	8%

Not a significant source of vitamin D and iron.  
\*The % Daily Value(DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Mango-Flavored Coconut Water

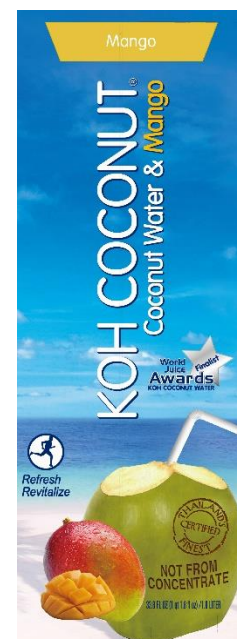
### Available Sizes:

- 1 Liter Tetra Pak Prisma

### Ingredients:

**Coconut Water, Water, Sugar, Mango Juice, Mango Flavor, Vitamin C**

<b>Nutrition Facts</b>	
Serving Size 8 fl oz (240mL)	
Servings per Container about 4	
Amount Per Serving	
<b>Calories</b> 60	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g <b>0%</b>	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Potassium</b> 330mg	<b>10%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 0g <b>0%</b>	
Sugars 11g	
<b>Protein</b> 0g	
Calcium 2%	Phosphorus 2%
Magnesium 4%	
Not a significant source of vitamin A, vitamin C and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	



## Watermelon-Flavored Coconut Water

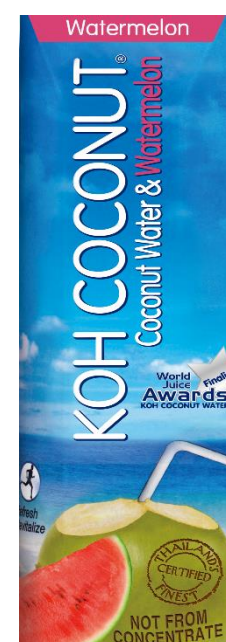
### Available Sizes:

- 1 Liter Tetra Pak Prisma
- 500ml PET Bottle

### Ingredients:

**Coconut Water, Water, Sugar, Watermelon Juice purée, Watermelon flavor, Salt**

<b>Nutrition Facts</b>	
Serving Size 8 fl oz (240mL)	
Servings per Container about 4	
Amount Per Serving	
<b>Calories</b> 60	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g <b>0%</b>	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Potassium</b> 220mg	<b>5%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 0g <b>0%</b>	
Sugars 14g	
<b>Protein</b> 0g	
Magnesium 2%	
Not a significant source of vitamin A, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calories diet.	



## Coconut Milk

### Available Sizes:

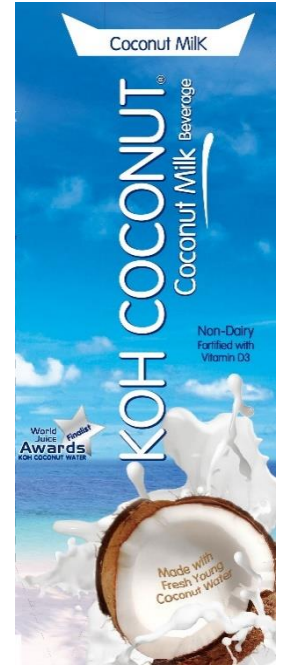
- 1 Liter Tetra Pak Prisma
- 350ml PET Bottle

### Ingredients:

Water, Coconut Cream Powder, Young Coconut Water, Sugar, Contains less than 0.5% of: Coconut Flavor, Sucrose Ester, Baking Soda, Salt, Vitamin D3, Sodium Carboxy Methyl Cellulose.

**NOTE: Coconut Cream Powder also contains Mono and Diglycerides, Silicon Dioxide, Dipotassium and Glucose**

<b>Nutrition Facts</b>	
Serving Size 8 fl oz (240mL)	
Servings per Container about 4	
Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 3g	<b>14%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Potassium</b> 490mg	<b>14%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 12g	
<b>Protein</b> 0g	
Calcium 4%	Phosphorus 2%
Magnesium 6%	Vitamin D3 10%
Not a significant source of vitamin A, vitamin C and iron.	
*Percent Daily Values are based on a 2,000 calorie diet of USFDA	



# Coconut Chips (all in 40gr foil bags)

## Original:

### INGREDIENTS:

**Coconut Meat, Sugar, Salt.**

Nutrition Facts	
Serving Size 20g Servings per Container 2	
Amount Per Serving	
Calories 110 Calories from Fat 70	
% Daily Value*	
<b>Total Fat</b> 8g	12%
Saturated Fat 7g	36%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 95mg	4%
<b>Total Carbohydrate</b> 10g	3%
Dietary Fiber 2g	10%
Sugars 6g	
<b>Protein</b> 1g	
Not a significant source of vitamin A, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet of USFDA.	



## Chocolate-Dipped:

### INGREDIENTS:

**Coconut Meat, Sugar, Cocoa Powder, Salt.**

Nutrition Facts	
Serving Size 20g Servings per Container 2	
Amount Per Serving	
Calories 110 Calories from Fat 70	
% Daily Value*	
<b>Total Fat</b> 8g	12%
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 60mg	3%
<b>Total Carbohydrate</b> 10g	3%
Dietary Fiber 3g	11%
Sugars 7g	
<b>Protein</b> 1g	
Not a significant source of vitamin A, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet of USFDA.	



## Wasabi:

### INGREDIENTS:

**Coconut Meat, Sugar, Wasabi Seasoning, Soy Bean Oil, Salt.**

Nutrition Facts	
Serving Size 20g Servings per Container 2	
Amount Per Serving	
Calories 110 Calories from Fat 70	
% Daily Value*	
<b>Total Fat</b> 8g	12%
Saturated Fat 7g	33%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 125mg	5%
<b>Total Carbohydrate</b> 10g	3%
Dietary Fiber 2g	8%
Sugars 7g	
<b>Protein</b> 1g	
Not a significant source of vitamin A, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet of USFDA.	



## Vanilla-Caramel:

### INGREDIENTS:

**Coconut Meat, Sugar, Cocoa Butter, Flavor, Salt.**

Nutrition Facts	
Serving Size 20g Servings per Container 2	
Amount Per Serving	
Calories 120 Calories from Fat 70	
% Daily Value*	
<b>Total Fat</b> 8g	13%
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 85mg	4%
<b>Total Carbohydrate</b> 10g	3%
Dietary Fiber 3g	12%
Sugars 6g	
<b>Protein</b> 1g	
Not a significant source of vitamin A, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet of USFDA.	



## Espresso:

### INGREDIENTS:

**Coconut Meat, Coffee Powder, Caramel Powder, Salt, Flavor.**

Nutrition Facts	
Serving Size 20g Servings per Container 2	
Amount Per Serving	
Calories 120 Calories from Fat 70	
% Daily Value*	
<b>Total Fat</b> 8g	13%
Saturated Fat 7g	36%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 95mg	4%
<b>Total Carbohydrate</b> 10g	3%
Dietary Fiber 2g	8%
Sugars 6g	
<b>Protein</b> 1g	
Not a significant source of vitamin A, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet of USFDA.	

