



NO SUGAR*
ADDED



VEGAN



GLUTEN-FREE



NON-GMO



PALEO



GRAIN-FREE



CERTIFIED



KOSHER

*Not a low calorie food. See nutrition facts for sugar and calorie content.

Start your day the NUCO way! Crafted from certified organic ingredients, our cereal is free from grains and gluten, making it the perfect choice to kickstart your day. Enjoy the satisfying crunch and natural sweetness of coconut in every bite. It's the guilt-free pleasure you can feel good about every morning!

Nutrition Facts

about 7 servings per container
Serving size 30g

Amount per serving
Calories 160

% Daily Value*

Total Fat 9g	12%
Saturated Fat 9g	43%
Unsaturated Fat less than 1g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	**
Total Carbohydrate 18g	6%
Dietary Fiber 8g	30%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron <1mg	2%
Potassium 350mg	10%

*The % Daily Value tells you 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.

INGREDIENTS:

Organic Coconut Water,
Organic Coconut Meat,
Organic Palm Starch

Contains Tree Nuts (Coconut)

DISTRIBUTED BY
HEALTHSOURCE INTERNATIONAL, INC.
CHINO HILLS, CA 91709

CERTIFIED ORGANIC BY CERES
PRODUCT OF THE PHILIPPINES
PHIL. PATENT NO. 1-2014-000123



GRAIN-FREE CEREAL

WAYS TO ENJOY

- ✓ On its own with your favorite milk
- ✓ As a topping to yogurt or chia pudding with berries
- ✓ On your smoothie as a topping
- ✓ As a snack right out of the pouch

WHAT'S GOOD ABOUT COCONUT CRUNCH

- ✓ No Added Sugar *Not a low calorie food. See nutrition facts for sugar and calorie content.
- ✓ No Artificial Sweeteners
- ✓ MCTs from Coconut
- ✓ 8g Fiber Per Serving *See nutrition facts for saturated fat and fat content
- ✓ 10 Net Carbs Per Serving
- ✓ Grain & Gluten Free

ONLY 3 INGREDIENTS

- ✓ Organic Coconut Water
- ✓ Organic Coconut Meat
- ✓ Organic Palm Starch

LEARN MORE
NUCOCONUT.COM

