



# Buko'

*Our name means Coconut!*

## Coconut Products

### Coconut Dietary Fiber



Buko' Coconut Dietary Fiber is made from the freshest coconuts. It is a natural high quality food supplement and ingredient used in snack food and baked products. Buko' is an excellent source of dietary fiber. Designed to support a healthy digestive system, each serving of Buko' Fiber awards your body with the most natural and best tasting dietary fiber available! Buko' mixes well with any food source, especially liquids and comes in a convenient resealable pouch.

Our Buko' Coconut Dietary Fiber is not deodorized which gives it a very light, pleasant coconut aroma. It is unrefined, unbleached, low in fat, has no cholesterol, no fatty acid and free radicals. It contains 60% coconut fiber of which 56% is insoluble and 4% is insoluble fiber. There are many ways to use this pleasant product. Mix 1 tablespoon with hot or cold drinks (fruit juices, coffee, tea, hot chocolate) in the morning and evening. You can also mix it with oats, cereals, muesli, or nuts. Try mixing it when using flour for baking up to 5% to 20% for all baking products and snack foods.

### Virgin Coconut Oil



Buko Extra Virgin Coconut Oil uses a cold-pressed process to obtain Pure Virgin Coconut Oil, free of contaminants, additives and chemicals. It is unrefined, non-bleached and non-deodorized and considered an excellent dietary supplement that promotes a healthy lifestyle.

**Suggested Serving:** May be taken directly, 1-4 table-spoons per day. May also be used in cooking, baking, frying or in smoothies. Can be used in place of other oils including butter.

Note: If stored below 76 degrees (F) oil will begin to solidify. If exposed to temperatures above 76 degrees (F) for any length of time, oil will liquefy. Does not require refrigeration.

| Supplement Facts  |                     |
|---|---------------------|
| Serving Size: 1 Heaping Tbsp. (7g)<br>Servings Per Container: about 50  |                     |
| Amount Per Serving  |                     |
| Calories 30   | Calories from fat 9 |
| % Daily Value   |                     |
| Total Fat 1g  | 2%                  |
| Medium Chain Triglycerides 0.65g  |                     |
| Cholesterol 0mg   | 0%                  |
| Sodium 0mg  | 0%                  |
| Total Carbohydrate 7g   | 2%                  |
| Dietary Fiber 5g  | 20%                 |
| Protein 2g  |                     |
| <small>*Percent Daily Values are based on a 2,000 calorie diet.</small> |                     |

| Supplement Facts  |                       |
|---|-----------------------|
| Serving Size: 1 Tbsp. (14g)<br>Servings Per Container: about 32   |                       |
| Amount Per Serving  |                       |
| Calories 125  | Calories from fat 125 |
| % Daily Value   |                       |
| Total Fat 14g   | 22%                   |
| Saturated Fat 12.5g 64%   |                       |
| Polyunsaturated Fat 1g 0%   |                       |
| Monounsaturated Fat .5g 0%  |                       |
| Cholesterol 0mg   | 0%                    |
| Total Carbohydrates 0g  | 0%                    |
| Protein 0g  | 0%                    |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> |                       |

#### FIBER FACTS

#### VCO FACTS

**Payment Info: VISA/MC AMEX DISC**

Card #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_

**Bill to:**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

**Ship to:**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_



*Coming soon!*  
**Buko Coconut Personal Care Products with HA.**

| Item Description                               | Weight | Qty | Price   | Total |
|--|--------|-----|---------|-------|
| <b>Buko Coconut Products- www.cocobuko.com</b> |        |     |         |       |
| Virgin Coconut Oil                             | 16 oz. |     | \$15.95 |       |
| Coconut Dietary Fiber                          | 12 oz. |     | \$15.95 |       |

Sub Total \_\_\_\_\_

Shipping & Handling **4.95** \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

**Hyalogic, LLC**  
PO Box 13736  
Edwardsville, KS 66113-0736

**toll free- 866-318-8484**  
**fax- 913-422-9396**  
**www.hyalogic.com**