



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) 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	

*Percent Daily Values are based on a 2,000 calorie diet.

Supplement Facts	
Serving Size: 1 Tbsp. (14g) 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%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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
Buko Coconut Products- www.cocobuko.com				
Virgin Coconut Oil	16 oz.		\$15.95	
Coconut Dietary Fiber	12 oz.		\$15.95	

Sub Total _____

Shipping & Handling **4.95** _____

TOTAL \$ _____

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