

Is It Ok to Leave Nutiva Organic Virgin Coconut Oil in Your Hair Overnight?

Some people recommend 30 minutes as a good length for treatment, but you can use our Organic Virgin Coconut Oil as a leave-in treatment overnight. Experiment with treatments of different lengths and see which works best for you.

What Are the Health Benefits of Nutiva Organic Virgin Coconut Oil?

Our Organic Virgin Coconut Oil contains lauric acid, a medium-chain fatty acid also found in human breast milk. Lauric acid makes up about 50% of coconut oil. Fatty acids (also known as medium-chain triglycerides or MCTs) are easy to digest, provide the body with quick energy and may boost fat burning. MCTs may also help lower blood cholesterol levels.

What Type of Jars Is Nutiva Organic Virgin Coconut Oil Packaged In?

Nutiva packages our oil in three types of materials: Glass jars, clear PET and white HDPE. We have found the white HDPE holds up better for shipping via UPS or USPS during the hot summer months.

Is Nutiva Organic Virgin Coconut Oil Good for My Hair?

Yes. As a hair conditioner coconut oil nourishes dry and brittle hair, encourages healthy hair growth, prevents hair loss, promotes a healthy scalp, and relieves dandruff. It provides the essential proteins required to nourish dry, damaged hair and rejuvenates the hair very quickly.

How Do I Cook with Nutiva Organic Virgin Coconut Oil?

Use Nutiva Organic Virgin Coconut Oil instead of other oils in your daily cooking. You can blend coconut oil in smoothies, use it as a spread on toast (it makes fantastic cinnamon toast), use it as a topping on popcorn, and in other recipes. Check out the recipe section of our site for cooking inspiration.

There Are Small Specks in the Bottom of My Nutiva Organic Virgin Coconut Oil. What Are They?

They are coconut fibers. They're perfectly normal, much like finding small bits of cork in a glass of fine wine.

What Is the Shelf Life of Nutiva Organic Virgin Coconut Oil?

Nutiva's Organic Virgin Coconut Oil is very stable with a shelf life of at least two years.

Does Nutiva Organic Virgin Coconut Oil Need to Be Refrigerated?

No, Nutiva Organic Virgin Coconut Oil does not need to be refrigerated. As a matter of fact, if you put coconut oil in the refrigerator, it becomes nearly as hard as rock, a feature which can be useful in warm weather. The product has a shelf life of at least two years.

How Do I Bake with Coconut Oil?

Replace other oils or butter at a 1:1 ratio, or for shortening, replace 1 part shortening with 3/4 part coconut oil. Either melt it or use it at room temperature depending on your needs. Keep in mind coconut oil will mix well when the rest of your ingredients are at room temperature. It makes a great replacement for vegetable oils and shortening, which can contain GMOs and Trans fats. Use coconut oil at room temperature for flaky baked products. Melt coconut oil and use it in its liquid state to replace vegetable oil and butter.

What Is the Difference Between "Virgin" and "Extra Virgin" Coconut Oil?

There is no difference between "virgin" and "extra virgin" coconut oil. Unlike olive oil which has multiple pressings, organic coconut oil has just one pressing. Some countries, like Canada, do not allow the use of the term "extra virgin" to describe coconut oil, only olive oil. While some companies choose to market their product as "extra virgin" in territories where that is allowed, Nutiva has chosen to use the name Nutiva Organic Virgin Coconut Oil consistently in all territories where our product is sold.