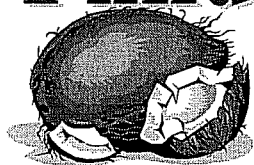


Phildesco, Inc.



A World of Coconut Products

Nutritional Analysis

1075 Easton Avenue
Tower 3, Suite 4
Somerset NJ 08873

Tel No (732) 937-6560
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Nutritional Analysis

Supplier: Peter Paul Philippine Corporation
Ingredient: "Phildesco" Brand Desiccated Coconut

Basic Components	Amount per 100g Serving	
<u>Nutrients</u>	<u>Values</u>	<u>Unit</u>
Total Calories	609-701	Cal
Calories from Fat	548-640	Cal
Calories from Saturated Fat	509-595	Cal
Protein	9 max	g
Carbohydrates	25 ave	g
Dietary Fiber	10-15	g
Sugar Total	6 max	g
Crude Fiber	6 max	g
Fat-Total	61-72	g
Polyunsaturates Fat	1.3 ave	g
Monosaturates Fat	3.9 ave	g
Saturates Fat	56-67	g
Trans Fat	0	mg
Cholesterol	0	mg
Water	3% max	g
Vitamins		
Vitamin C	1.5-3.0	mg
Vitamin B1 (Thiamine)	3.0-13.0	ug
Minerals		
Calcium	10-12	mg
Iron	1.8-2.5	mg
Potassium	600-750	mg
Sodium	25-50	mg

Date Issued: October 3, 2003

Prepared By: Peter Paul Philippine Corp/Quality Assurance

Reference Methodology: Official Methods of Analysis AOAC International (2000) 17th Ed.