



Allergens: Frequently Asked Questions

Q: What allergens are tracked in your facilities?

A: Fish, Milk, Mustard, Peanuts, Sesame, Crustacean Shellfish, Soy, Sulphites, Tree Nuts, and Wheat. (Note: Coconuts botanically are a drupe, but are considered to be a Tree Nut.)

Q: I have a life-threatening peanut allergy. Would you recommend that I use your coconut oil?

A: The facility that our coconut oil is bottled in is not a certified peanut free facility. Please consult your healthcare provider or allergist to see if our products are right for you.

Q: Are your products gluten free?

A: Nutiva Brand products are naturally non-gluten, but are not certified gluten-free. Coconut Secret Brand products are certified gluten-free..

Q: I have a tree nut allergy. Would you recommend that I use your products?

A: Our products contain the following tree nuts: almond, coconut and hazelnut, but some of our products are packaged in facilities that also process tree nuts. We advise you to make sound purchasing decisions based on individual sensitivity and risk tolerance. Please consult your healthcare provider or allergist to see if our products are right for you.

Q: Do your products contain sulfites?

A: No, our products do not contain sulfites.

Q: Do your products contain MSG?

A: Nutiva and Coconut Secret brand products do not contain any added MSG. However, like many other foods, our Coconut Aminos contain traces of naturally occurring glutamic acid which may cause a reaction if you have MSG allergies or sensitivities. We always encourage you to make the appropriate choices for yourself.

Q: Are the Coconut Aminos fermented?

A: Yes, the Coconut Aminos are naturally fermented.

Q: Do the Coconut Aminos contain alcohol?

A: Coconut Aminos is a naturally fermented product, meaning there is potential for a trace (<0.5%) amount of alcohol in the product.

Q: What are the Organic Natural Flavors made from?

A: The Organic Natural flavoring is proprietary. If you have food allergies, sensitivities, or follow a special diet, please refrain from using products which contain any organic/non-organic flavor in it as they may contain potential non-major food allergens. Single ingredient product or products that are labeled as Allergen Free are better options. If you have questions about what foods are safe for you to eat, please consult with your healthcare provider or allergist.

Q: I have Celiac disease / severe gluten-intolerance. Do you recommend that I use your products?

A: We recommend that you consult your healthcare provider or allergist as to whether it is necessary for you to consume only certified gluten-free products and whether our products are right for you.

Q: Do any of your products contain soy?

A: No, our products do not contain soy.

Q: Do your products contain milk?

A: Generally, our products do not contain dairy. However, Organic Hazelnut Spreads may contain trace amounts of milk. Please refer to individual ingredient information.



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Verified



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KETO



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Certified
Vegan



Certified
Kosher



Certified
Kosher Dairy



Glyphosate
Residue Free



Whole30
Approved



Certified Fair
For Life



Certified Fair
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