

HARMLESS HARVEST®



8 10068 90082 8
Unsweetened Plain
4.4 OZ



8 10068 90083 5
Unsweetened Vanilla
4.4 OZ



8 10068 90086 6
Black Cherry
4.4 OZ



8 10068 90085 9
Peach Mango
4.4 OZ



8 10068 90084 2
Berry Medley
4.4 OZ



8 10068 90076 7
Unsweetened Vanilla
24 OZ



8 10068 90075 0
Unsweetened Plain
24 OZ

Rich & Creamy
ORGANIC CULTURED COCONUT

DELICIOUS AND DECADENT COCONUT YOGURT ALTERNATIVE

- ✓ Rich and creamy texture from coconut cream
- ✓ No added sugar
- ✓ MCTs from coconut



HARMLESS HARVEST®

Rich & Creamy ORGANIC CULTURED COCONUT

Cup Yogurt Unsweetened Plain

Nutrition Facts	
Serving size	1 Container (125g)
Amount per serving	
Calories 200	
% Daily Value*	
Total Fat 16g	24%
Saturated Fat 18g	90%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D	0%
Calcium	0%
Iron	6%
Potassium	4%

INGREDIENTS: ORGANIC COCONUT CREAM, ORGANIC COCONUT MILK (WATER, ORGANIC COCONUT MEAT), ORGANIC TAPIOCA STARCH, ORGANIC CORNSTARCH, LIVE AND ACTIVE CULTURES.

LIVE AND ACTIVE CULTURES: BIFIDOBACTERIUM, L. ACIDOPHILUS, L. BULGARICUS, L. PARACASEI, S. THERMOPHILUS.

Cup Yogurt Unsweetened Vanilla Bean

Nutrition Facts	
Serving size	1 Container (125g)
Amount per serving	
Calories 180	
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D	0%
Calcium	0%
Iron	0%
Potassium	4%

INGREDIENTS: ORGANIC COCONUT CREAM, ORGANIC COCONUT MILK (WATER, ORGANIC COCONUT MEAT), ORGANIC TAPIOCA STARCH, ORGANIC CORNSTARCH, ORGANIC FLAVOR, PECTIN, ORGANIC VANILLA BEANS, LIVE AND ACTIVE CULTURES.

LIVE AND ACTIVE CULTURES: BIFIDOBACTERIUM, L. ACIDOPHILUS, L. BULGARICUS, L. PARACASEI, S. THERMOPHILUS.

Cup Yogurt Black Cherry

Nutrition Facts	
Serving size	1 Container (125g)
Amount per serving	
Calories 190	
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D	0%
Calcium	0%
Iron	6%
Potassium	4%

INGREDIENTS: ORGANIC COCONUT CREAM, ORGANIC COCONUT MILK (WATER, ORGANIC COCONUT MEAT), ORGANIC PEAR PUREE CONCENTRATE, ORGANIC CHERRIES, ORGANIC TAPIOCA STARCH, ORGANIC CORNSTARCH, ORGANIC FLAVOR, PECTIN, LIVE AND ACTIVE CULTURES.

LIVE AND ACTIVE CULTURES: BIFIDOBACTERIUM, L. ACIDOPHILUS, L. BULGARICUS, L. PARACASEI, S. THERMOPHILUS.

Cup Yogurt Peach Mango

Nutrition Facts	
Serving size	1 Container (125g)
Amount per serving	
Calories 190	
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D	0%
Calcium	0%
Iron	6%
Potassium	4%

INGREDIENTS: ORGANIC COCONUT CREAM, ORGANIC COCONUT MILK (WATER, ORGANIC COCONUT MEAT), ORGANIC PEAR PUREE CONCENTRATE, ORGANIC TAPIOCA STARCH, ORGANIC PEACHES, ORGANIC MANGO, ORGANIC CORNSTARCH, PECTIN, ORGANIC FLAVOR, LIVE AND ACTIVE CULTURES.

LIVE AND ACTIVE CULTURES: BIFIDOBACTERIUM, L. ACIDOPHILUS, L. BULGARICUS, L. PARACASEI, S. THERMOPHILUS.

Cup Yogurt Berry Medley

Nutrition Facts	
Serving size	1 Container (125g)
Amount per serving	
Calories 190	
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D	0%
Calcium	0%
Iron	6%
Potassium	4%

INGREDIENTS: ORGANIC COCONUT CREAM, ORGANIC COCONUT MILK (WATER, ORGANIC COCONUT MEAT), ORGANIC PEAR PUREE CONCENTRATE, ORGANIC TAPIOCA STARCH, ORGANIC STRAWBERRIES, ORGANIC CORNSTARCH, ORGANIC RASPBERRIES, ORGANIC BLUEBERRIES, ORGANIC FLAVOR, PECTIN, LIVE AND ACTIVE CULTURES.

LIVE AND ACTIVE CULTURES: BIFIDOBACTERIUM, L. ACIDOPHILUS, L. BULGARICUS, L. PARACASEI, S. THERMOPHILUS.

Product Dimension	3.74" W x 1.61" H
Case Pack	8
Case Dimension	15.56" L x 7.81" W x 2.00" H
Case Cube	0.141 cu. ft.
Case Per Pallet	300
Case TI-HI	15 x 20
Pallet Cube	50.00 cu. ft.
Pallet Gross Weight	840.00 lbs.

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Case Cube	0.141 cu. ft.
Case Per Pallet	300
Case TI-HI	15 x 20
Pallet Cube	50.00 cu. ft.
Pallet Gross Weight	840.00 lbs.

Multi-Serve Yogurt Unsweetened Vanilla Bean

Nutrition Facts	
4 servings per container	
Serving size	3/4 cup (170g)
Amount per serving	
Calories 240	
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 20g	100%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 2g	
Ind. 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.6mg	4%
Potassium 230mg	4%

INGREDIENTS: ORGANIC COCONUT CREAM, ORGANIC COCONUT MILK (WATER, ORGANIC COCONUT MEAT), ORGANIC TAPIOCA STARCH, ORGANIC CORNSTARCH, ORGANIC FLAVOR, PECTIN, ORGANIC VANILLA BEANS, LIVE AND ACTIVE CULTURES.

LIVE AND ACTIVE CULTURES: BIFIDOBACTERIUM, L. ACIDOPHILUS, L. BULGARICUS, L. PARACASEI, S. THERMOPHILUS.

Product Dimension	4.66" W x 4.38" H
Case Pack	6
Case Dimension	14.63" L x 9.63" W x 4.69" H
Case Cube	0.381 cu. ft.
Case Per Pallet	120
Case TI-HI	12 x 10
Pallet Cube	57.64 cu. ft.
Pallet Gross Weight	1,230.00 lbs.

Multi-Serve Yogurt Unsweetened Plain

Nutrition Facts	
4 servings per container	
Serving size	3/4 cup (170g)
Amount per serving	
Calories 280	
% Daily Value*	
Total Fat 26g	33%
Saturated Fat 24g	120%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 2g	
Ind. 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.7mg	4%
Potassium 260mg	6%

INGREDIENTS: ORGANIC COCONUT CREAM, ORGANIC COCONUT MILK (WATER, ORGANIC COCONUT MEAT), ORGANIC TAPIOCA STARCH, ORGANIC CORNSTARCH, LIVE AND ACTIVE CULTURES.

LIVE AND ACTIVE CULTURES: BIFIDOBACTERIUM, L. ACIDOPHILUS, L. BULGARICUS, L. PARACASEI, S. THERMOPHILUS.

Product Dimension	4.66" W x 4.38" H
Case Pack	6
Case Dimension	14.63" L x 9.63" W x 4.69" H
Case Cube	0.381 cu. ft.
Case Per Pallet	120
Case TI-HI	12 x 10
Pallet Cube	57.64 cu. ft.
Pallet Gross Weight	1,230.00 lbs.

STORE REFRIGERATED