



Summit Premium coconut milk yogurt is soy-free, gluten-free, and made using only Non-GMO Verified coconuts from farmers throughout the sunny islands of the Philippines.

## **FAQ**

### **Ingredients:**

Water, Coconut Milk, Sugar, Dextrose, Natural Stabilizer, and live probiotic cultures.

### **Shelf life:**

2 weeks thawed

### **Is it dairy-free?**

Yes.

### **Is it Vegan?**

Yes.

### **Is it gluten-free?**

Yes.

### **Is it soy-free?**

Yes.

### **What is the difference between coconut milk and coconut water?**

Coconut milk is made from the meat (endosperm) of the mature coconut while the coconut water (serum) comes directly from the inside of the immature green coconut.

### **Why is the fat content high?**

Coconut milk contains good saturated fat called lauric acid. It has been shown that lauric acid increases the good HDL cholesterol in the blood to help improve cholesterol ratio levels.

### **Where does Summit Premium coconut milk come from?**

Philippines