



# COCONUT

In Coliman we have more than 54 years of experience in the growing, packaging, marketing, and leader in the sales & distribution fruit and vegetables in México and the entire world.

Coconut is highly nutritious and rich in fiber, vitamins, and minerals. It is classified as a “functional food” because it provides many health benefits beyond its nutritional content.

**Production zone:** Colima, Guerrero

**Country of origin:** México

**Available:** All year

**Boxes per pallet:** 45

**Pieces per box:** 20

**Certification:** primusGFS™

**CONTACT US**

COLIMAN PRODUCE INC.  
PHONE: 619 424 7148  
FAX: 619 424 9975  
produce@coliman.com  
www.coliman.com



## BENEFITS

- Lower cholesterol
- Improve digestion
- Stabilize glucose levels
- Fight off viruses
- Stave off memory loss
- Lose weight
- Increase metabolism