

ABSTRACT

A vinyl alcohol copolymer according to the present invention includes a vinyl
5 alcohol constituent unit and an olefin constituent unit vinyl alcohol having 3 to 30
carbon atoms. The copolymer according to the present invention satisfies at least one
of: a difference between a melting point and a lowest heat-sealing temperature is 45°C
or more; and the lowest heat-sealing temperature is 80°C or less, and satisfies
predetermined relational formulas based on intensities and the number average
10 molecular weight obtained from a UV absorption detector and a refractive index
detector in gel permeation chromatography measurement performed on the copolymer.