



Premium liquid coconut oil with the superior taste and aroma of fresh coconut.

Pure Source MCTs:

- **Non-GMO coconuts;** Hexane-free.
- **93% MCTs†:** 13 g of medium chain triglycerides (caprylic, capric and lauric acids) per serving.

†See Supplement Facts for total fat and saturated fat content.

Delicious Uses:

- **Enjoy fresh or chilled** in sauces, dips, dressings, smoothies, drizzling over popcorn & more!
- Enhances the flavor of your favorite foods.
- For cooking, baking or sautéing up to 350°.



Always Liquid

Coconut PREMIUM OIL



Pure Source MCTs

SEE SUPPLEMENT FACTS FOR TOTAL & SATURATED FAT CONTENT

SUPERIOR FLAVOR & AROMA

DIETARY SUPPLEMENT • 10 FL OZ (300 mL)

Recommendation: Take 1 Tablespoon (15 mL) as needed.

Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings per Container 20

Amount per Serving	% DV
Calories	130
Calories from Fat	130
Total Fat	14 g 22%†
Saturated Fat	13 g 65%†
Trans Fat	0 g **
Polysaturated Fat	<0.5 g **
Monounsaturated Fat	<0.5 g **
Cholesterol	0 mg 0%
Medium Chain Triglycerides	13 g **
Caprylic Acid	7 g **
Capric Acid	5 g **
Lauric Acid	1 g **

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Ingredients: Coconut Oil

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Questions? 1-800-9NATURE / naturesway.com

GLUTEN FREE. No refrigeration required. Store in a cool, dry place. Safety sealed for your protection. Do not use if inner freshness seal under bottle cap is broken or missing. Product of Singapore.

BPA FREE



Stays liquid even when refrigerated

◆ LN10081.02SP BLQ8781

