



Pure Source MCTs:

- **100% MCTs†**: 14 g of MCTs (including caprylic and capric acids) per serving

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

- Only from premium coconuts
- No palm or other filler oils
- Flavorless and odorless
- Hexane-free

Uses:

- Mix into smoothies, shakes, coffee and other beverages
- Add to foods such as salads, yogurt and more



*Stays liquid even
when refrigerated*



VEGAN • BPA-FREE • GLUTEN-FREE

**VALUE
SIZE**



MCT Oil

PLANT-BASED

100% Potency



MEDIUM CHAIN TRIGLYCERIDES

14 g Per Serving†

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

Pure Source • No Filler Oils

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

Supplement Facts

Serving Size 1 Tablespoon (15 mL)

Servings per Container 59

Amount per Serving		% DV
Calories	130	
Total Fat	14 g	18%†
Saturated Fat	13 g	65%†
Trans Fat	0 g	**
Polyunsaturated Fat	<0.5 g	**
Monounsaturated Fat	<0.5 g	**
Cholesterol	0 mg	0%
Medium Chain Triglycerides	14 g	**
Caprylic Acid	7.7 g	**
Capric Acid	5.0 g	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Ingredients: Medium Chain Triglycerides from Coconut Oil

Contains tree nuts (coconut).

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

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.

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DIETARY SUPPLEMENT / 30 FL OZ (887 mL)