



Pure Source MCTs:

- 100% MCTs†: 14 g of MCTs 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
- Quickly digested and converted into energy*
- Helps you feel full*

Uses:

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



*Stays liquid even
when refrigerated*



VEGAN • GLUTEN-FREE
BPA-FREE • HEXANE FREE

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

SINCE

**Nature's
Way**

1969

Organic MCT Oil

PLANT-BASED
100% Potency

BRAIN AND BODY FUEL*



MEDIUM CHAIN TRIGLYCERIDES

14 g Per Serving†

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

Pure Source • No Filler Oils

DIETARY SUPPLEMENT / 16 FL OZ (480 mL)

Recommendation: Take 1 Tablespoon (15 mL)
1-3 times daily as needed.

Supplement Facts

Serving Size 1 Tablespoon (15 mL)

Servings per Container 32

Amount per Serving		% DV
Calories	130	
Total Fat	14 g	18%†
Saturated Fat	13 g	65%†
Trans Fat	0 g	**
Polyunsaturated Fat	0 g	**
Monounsaturated Fat	0 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 Organic Coconut Oil

Contains tree nuts (coconut).

CAUTION: For adults only. Excessive use may cause GI discomfort. To reduce this effect, take with food. If taking any medications, consult a healthcare professional before use. **KEEP OUT OF REACH OF CHILDREN.**

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Certified Organic by Pro-Cert

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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