Recommendation: Take contents of 1 packet (15 mL) as needed.

Supplement Facts Serving Size 1 Packet (15 mL), **Amount per Serving:** Calories 130, Total Fat 14 g (18% DV†), Saturated Fat 14 g (70% DV†), Trans Fat 0 g**, Polyunsaturated Fat 0 g**, Monounsaturated Fat 0 g**, Cholesterol 0 mg (0% DV), Medium Chain Triglycerides 14 g**. †Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

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Ingredients: Medium Chain Triglycerides from Coconut Oil / Contains tree nuts (coconut).

TEAR HERE

DIETARY SUPPLEMENT

NET WT 0.5 FL OZ (15 mL)

MCT Oil

PLANT-BASED

100% Potency

GLUTEN-FREE

SINCE Nature's Way® 1969

Easy On-The-Go!

Uses: Enjoy directly from the packet or add to your favorite food or beverage!

No refrigeration required. Store in a cool, dry place. **Keep out of reach of children.** Do not use if open or torn. Product of Philippines.

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