

viva[®]
naturals



MCT OIL

MADE FROM 100% COCONUTS



**SUSTAINED
ENERGY***



**METABOLISM
SUPPORT***



**BLENDS WITH
COFFEES, TEAS
AND SHAKES**



**NON-GMO, PALEO
AND VEGAN
FRIENDLY**

FLAVORLESS & ODORLESS

Net 32 fl. oz. (946ml)

DIETARY SUPPLEMENT

Suggested Use: Begin by using 1 tablespoon per day, working up to 3 tablespoons as tolerance allows. Excessive consumption may cause digestive discomfort.

Supplement Facts

Serving Size 1 Tablespoon (15ml)

Servings Per Container About 63

	Amount Per Serving	% Daily Value**
Calories	140	
Calories from Fat	140	
Total Fat	15 g	23%
Saturated Fat	15 g	75%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	0 g	0%
Protein	0 g	

**Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Coconut Medium-Chain Triglycerides

Storage Information: Store in a cool, dry place away from heat and light.

Caution: As with any dietary supplement, consult your healthcare practitioner before using this or any product if you are pregnant, nursing, trying to conceive, taking medication or have a medical condition. Keep out of reach of children.

Extracted from the fresh pulp of coconuts, our MCT oil is an abundant source of medium-chain triglycerides (MCTs). These unique, healthy fats are rapidly absorbed and instantly converted into energy rather than stored as fat. MCTs deliver long-lasting nourishment, support metabolism, enhance athletic performance, and act as rocket fuel for your brain.*

To create our premium-grade MCT oil, hand-picked coconuts are immediately pressed and fractionated to isolate beneficial capric and caprylic acids, and eliminate undesirable fatty acids. Our purification process is free from solvents or harsh chemicals, so nutrients remain intact.

HOW WILL YOU ENJOY IT?



Smoothies: Blend into smoothies and juices for a continuous boost of energy.



Salads: Substitute traditional oils with MCT oil in salad dressings to make healthy vinaigrettes and more.



Coffee & Tea: Add to coffee or tea for sustained energy without the caffeine crash.

Manufactured For:

Viva Naturals Inc.

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Check out more Viva goodness at
www.vivanaturals.com



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