PREMIUM LIQUID COCONUT OIL WITH THE SUPERIOR TASTE AND AROMA OF FRESH COCONUT.

## DELICIOUS USES:

- **Enjoy fresh or chilled** in sauces, dips, dressings, smoothies, drizzled over popcorn, and more!
- Enhances the flavor of your favorite foods.
- For cooking, baking, or sautéing **up to 350°.**
- Stays liquid, even when refrigerated.

## PREMIUM SOURCE:

- **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.

**KEEP OUT OF REACH OF CHILDREN.** Safety sealed for your protection. Do not use if inner freshness seal under bottle cap is broken or missing.

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VEGAN BPA FREE

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# PREMIUM LIQUID COCONUT —OIL—

PURE SOURCE MCTs‡

NON GMO Project VERIFIED nongmoproject.org

**SUPERIOR FLAVOR AND AROMA**

**93% MCTS‡**

**13 g MEDIUM CHAIN TRIGLYCERIDES PER SERVING**

‡SEE SUPPLEMENT FACTS FOR TOTAL FAT AND SATURATED FAT CONTENT.

**10 FL OZ (300 mL) DIETARY SUPPLEMENT**

**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 | 120 | |
| Total Fat | 13 g | 17%† |
| Saturated Fat | 13 g | 65%† |
| Trans Fat | 0 g | ** |
| Polyunsaturated Fat | 0 g | ** |
| Monounsaturated Fat | 0 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.

**INGREDIENT:** coconut oil
Contains tree nuts (coconut).

**GLUTEN FREE. NO REFRIGERATION REQUIRED.** Store in a cool, dry place.