

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% MCT[‡]**: 13 g of medium chain triglycerides (caprylic, capric, and lauric acids) per serving.



350°

*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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PREMIUM LIQUID COCONUT — OIL —

PURE SOURCE MCT[‡]



SUPERIOR FLAVOR AND AROMA

93% MCT[‡]

13 g MEDIUM CHAIN TRIGLYCERIDES PER SERVING

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

20 FL OZ (1.25 PT) (600 mL) DIETARY SUPPLEMENT

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

Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings per Container 40

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.