MCTs (Medium Chain Triglycerides) are your body's preferred source of energy. The major fatty acid in coconut oil is presently being acknowledged for its health properties. Country Farms® MCT Oil from Coconut oil is easy to take and beneficial to support a healthy lifestyle.

Country Farms® MCT Oil fits easily into your daily routine as a clean, fast acting energy source. Perfect for drinking alone or mixing into your favorite beverage while providing optimal health benefits.‡

## **READY TO USE:**





COFFEE YOGURT





SMOOTHIES SHAKES

Item #N11096





## MCT OIL

Medium Chain Triglycerides Powder

100% COCONUT SOURCE

NATURAL SOURCE OF ENERGY\*
FATTY ACIDS • KETO FRIENDLY



DIETARY SUPPLEMENT • 37 SERVINGS • NET WT 10.4 OZ (296 G)

DIRECTIONS: Add 1 heaping tablespoon to 10-12 fl. oz. of cold water or any beverage of your choice. Stir until smooth or use a shaker cup or blender.

## Supplement Facts

Serving Size: 1 Tablespoon (8g) Serving Per Container: 37

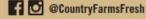
·	Amount Per Serving	% Daily Value
Calories	40	
Total Fat	4 g	6%
Saturated Fat	4 g	20%
Sodium	0 mg	0%
Total Carbohydrate	3 g	1%
Dietary Fiber	3 g	12%
Protein	0 g	0%
MCT Oil Powder	8 g	t

\* Percent Daily Values are based on a 2,000 calorie diet. † Daily value not established.

Ingredients: MCT Oil (Medium Chain Triglycerides) Powder.

Contains: Tree nuts (coconut).

- · Keep out of reach of children.
- . Protect from heat, light, & moisture.
- Store in cool, dry place.
   Do not use if seal is broken.



Sold by weight, not volume. Settling may have occurred.

Distributed by: Country Farms\* 10 Henderson Drive West Caldwell, NJ 07006

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Made in the U.S.A. from globally sourced ingredients.