

Supplement Facts

Serving Size: 1 Tbsp. (15 mL) Servings Per Container: About 31

Amount Per So	erving	%DV
Calories	120	
Total Fat	13 g	17%*
Saturated Fat	13 g	65%*
<i>Trans</i> Fat	0 g	**
Polyunsaturated Fat	0 g	**
Monounsaturated Fat	0 g	**
Cholesterol	0 mg	0%
Medium Chain Triglycerides (MCTs)	13 g	**
Caprylic Acid (C8)	7 g	**
Capric Acid (C10)	5 g	**
Lauric Acid (C12)	1 g	**

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

INGREDIENTS: Organic Medium Chain Triglyceride Oil (from Organic Coconut).

CONTAINS TREE NUTS (COCONUT).

DISTRIBUTED BY: NHP, 125 SW 3rd Place Cape Coral, FL 33991 USA (877) 985-2696

Certified Organic By: QCS

SUGGESTED USE: Adults, as a dietary supplement, take one (1) tablespoon (15 mL) per day. Organic MCT Oil can be taken directly, mixed into your favorite smoothie, shake, tea or coffee, or added to cold dishes such as yogurt or salad. Not recommended for cooking. No refrigeration required.

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL IS BROKEN. IF YOU ARE NURSING, PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION. CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.

Dr. Mercola has been providing quality products since 2001.







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