

good for:

Low-carb dieters looking to support ketosis, weight management, mental energy & focus.*

made with:

Organic coconut oil.

how to use:



Drink: Add a few dashes to your morning shakes, smoothies, and juices.



Dressings: Use it as a base for salad dressings and homemade vinaigrettes.



Brews: Blend into your coffee, tea or latte to turbocharge your day.*

See Nutrition Information for total fat and saturated fat content.



A WEALTH OF WELLNESS™
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.

viva naturals

ORGANIC MCT OIL

SUPPORTS
MENTAL ENERGY*
STAMINA* + FOCUS*

perfect for
KETOGENIC
WEIGHT MANAGEMENT*

blends in
COFFEE

made from
COCONUTS



Net 32 fl. oz (946 mL) DIETARY SUPPLEMENT

SUGGESTED USE: Take up to 1 tablespoon (15 mL) per day or as recommended by your healthcare practitioner. Some may find it beneficial to start with 1 teaspoon (5 mL) and work their way up to 1 tablespoon (15 mL). Excessive consumption may cause digestive upset.

Supplement Facts

Serving Size 1 Tablespoon (15 mL)

Servings Per Container About 63

	Amount Per Serving	% Daily Value
Calories	130	
Total Fat	14 g	18%***
Saturated Fat	14 g	72%***
Medium-Chain Triglycerides (MCTs)	14 g	†
Caprylic Acid	8.4 g***	†
Capric Acid	5.6 g***	†

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

†††Natural variations can occur.

†Daily Value not established.

INGREDIENTS: ORGANIC MEDIUM-CHAIN TRIGLYCERIDE OIL FROM ORGANIC COCONUT OIL. CONTAINS COCONUT.

PRODUCT OF INDONESIA

MANUFACTURED IN CANADA FOR:
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Certified Organic by QAI

STORAGE INFORMATION: Store in a cool, dry place with lid tightly sealed protected 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.** Do not use if safety seal under cap is broken or missing.