

## QUICK & SUSTAINED KETOGENIC FUEL

Made from 100% organic coconuts, Medium-Chain Triglyceride (MCT) Oil contains easily digestible fats that quickly convert to ketones, giving the brain, muscles and other tissues fast and sustained energy.<sup>5</sup>

### ALL DAY BENEFITS



Boost your brain power  
in the morning<sup>5</sup>



Energize your body  
before workouts<sup>5</sup>



Fuel your day  
and crave less<sup>5</sup>

**STORAGE:** No refrigeration required. Tamper-evident; use only if seal is intact.

**SUGGESTED USE:** Take 1 Tbsp 1-3 times daily as a dietary supplement. Add to coffee, shakes, yogurt and salads. Recommended for medium heat cooking (not to exceed 350°F).

<sup>5</sup>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.

**nutiva**<sup>®</sup>  
NURTURE VITALITY™

100% ORGANIC COCONUT

# MCT OIL

FUELS BODY & BRAIN<sup>5</sup>



✓ Mix with  
coffee,  
shakes &  
salads

✓ Unflavored

MEDIUM-CHAIN  
**14g**  
per serving<sup>†</sup>  
TRIGLYCERIDES

<sup>†</sup>See Supplement Facts  
for Total Fat and  
Saturated Fat content.



32 FL OZ (1 QT) (946 mL)  DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 1 Tbsp (15 mL)

Servings Per Container About 63

|                                   | Amount Per Serving | % Daily Value |
|-----------------------------------|--------------------|---------------|
| Calories                          | 130                |               |
| Total Fat                         | 14 g               | 18%*          |
| Saturated Fat                     | 14 g               | 70%*          |
| Medium-Chain Triglycerides (MCTs) | 14 g**             |               |
| Caprylic acid (C8:0)              | 9.0 g†             | **            |
| Capric acid (C10:0)               | 4.7 g†             | **            |

\*Percent Daily Values (DV) are based on a 2,000-calorie diet.

\*\*Daily Value (DV) not established.

**INGREDIENTS:** ORGANIC MEDIUM-CHAIN TRIGLYCERIDES FROM COCONUT OIL.

**CONTAINS:** COCONUT.

### MANUFACTURED FOR:

NUTIVA®, 213 W. CUTTING BLVD.  
RICHMOND, CA 94804  
WWW.NUTIVA.COM

### CERTIFIED ORGANIC BY:

QAI (US-ORG-050)

### PRODUCT OF PHILIPPINES

<sup>†</sup>Natural variations can occur.

**NOTE:** Consult your health care practitioner before using if you are pregnant, nursing, taking medications, or have a medical condition.

