



PURE SOURCE MCTs:

- **100% MCTs[†]:** 14g of MCTs per serving.
[†]See Supplement Facts for total fat and saturated fat content.
- Quickly digested and converted into energy for your brain and body.*
- Helps you to feel full.*
- Only from premium coconuts - no palm or other filler oils.
- Flavorless and odorless.
- Hexane-free.
- Stays liquid, even when refrigerated.

USES:

- Mix into coffee, smoothies, shakes, and other beverages.
- Add to your favorite foods such as salads, yogurt, and more.
- Enjoy directly from the packet.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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QUESTIONS? 1-800-9NATURE / naturesway.com

EASY, ON THE GO PACKETS



MCT OIL



BRAIN AND BODY FUEL*

100% POTENCY • GLUTEN FREE

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MEDIUM CHAIN TRIGLYCERIDES
14g PER SERVING[†]

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

DIETARY SUPPLEMENT

18 PACKETS 0.5 FL OZ (15 mL) NET 9 FL OZ (270 mL)



RECOMMENDATION: Take contents of 1 packet (15 mL) 1-3 times daily as needed.

Supplement Facts

Serving Size 1 Packet (15 mL)
Servings per Container 18

Amount per Serving	% DV
Calories	130
Total Fat	14g 18% [†]
Saturated Fat	14g 70% [†]
Trans Fat	0g **
Polyunsaturated Fat	0g **
Monounsaturated Fat	0g **
Cholesterol	0mg 0%
Medium Chain Triglycerides	14g **

[†]Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

INGREDIENTS: medium chain triglycerides from coconut oil.

Contains tree nuts [coconut].

CAUTION: For adults only. Excessive use may cause GI discomfort. To reduce this effect, take with food. If taking any medications, consult a healthcare professional before use.

KEEP OUT OF REACH OF CHILDREN. Do not use packets if open or torn.

NO REFRIGERATION REQUIRED. Store in a cool, dry place.

NATURE'S WAY® MCT OIL ALSO COMES IN THESE VARIETIES:

- 16 FL OZ MCT Oil
- 30 FL OZ MCT Oil
- 180 MCT Oil Softgels



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