

PREMIUM LIQUID COCONUT OIL WITH THE SUPERIOR TASTE AND AROMA OF FRESH COCONUT.

DELICIOUS USES:

- Enjoy fresh or chilled in sauces, dips, dressings, smoothies, drizzled over popcorn, and more!
- Enhances the flavor of your favorite foods.
- For cooking, baking, or sautéing up to 350*.
- Stays liquid, even when refrigerated.



350*

PREMIUM SOURCE:

- Coconuts; Hexane-free.
- 93% MCTs[†]: 13 g of medium chain triglycerides (caprylic, capric, and lauric acids) per serving.

*See Supplement Facts for total fat and saturated fat content.

KEEP OUT OF REACH OF CHILDREN. Safety sealed with inner freshness seal under bottle cap. Do not use if seal is broken or missing.

©2020 Distributed by Nature's Way Brands, LLC
Green Bay, WI 54301 USA • Product of Singapore
QUESTIONS? 1-800-9NATURE / naturacoway.com



LS10081.A01

BL48781A



0 33674 10081 3



PREMIUM LIQUID COCONUT — OIL —

PURE SOURCE MCTs[†]



SUPERIOR FLAVOR AND AROMA

93% MCTs[†]

13 g MEDIUM CHAIN TRIGLYCERIDES PER SERVING

*SEE SUPPLEMENT FACTS FOR TOTAL FAT AND SATURATED FAT CONTENT.

10 FL OZ (300 mL) DIETARY SUPPLEMENT

RECOMMENDATION: Adults take 1 Tablespoon 1-3 times daily as needed. CAUTION: Excessive use may cause GI discomfort. To reduce this effect, take with food. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings per Container 20

Amount per Serving	% DV
Calories	120
Total Fat	13 g 17%*
Saturated Fat	13 g 66%*
Trans Fat	0 g **
Polyunsaturated Fat	0 g **
Monounsaturated Fat	0 g **
Cholesterol	0 mg 0%
Coconut Oil	13.9 g **
Medium Chain Triglycerides	13 g **
Caprylic Acid	7 g **
Capric Acid	5 g **
Lauric Acid	1 g **

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

INGREDIENT: coconut oil
Contains tree nuts (coconut).

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