

SHAKE WELL

VEGETARIAN SAFE

BURIED  
TREASURE<sup>TM</sup>  
Liquid Nutrients

Gluten, Wheat,  
Soy, Yeast & Dairy  
FREE

# Coconut MCT OIL

Standardized to 95%



Whole Food Complex • 16 FL OZ (473 ml)  
Dietary Supplement

Studies reveal that the Medium-chain triglycerides (MCT) like the ones in Coconut Oil (MCT)<sup>TM</sup> have shown promise in providing nutrition for the brain. Superior nutrition improves cognitive performance. This natural food sourced coconut oil is most beneficial when used as a dietary supplement according to directions and in conjunction with a plant-based diet and active lifestyle.\*

**DIRECTIONS:** Adults take 1 teaspoon up to 3 times daily. May be taken alone or mixed with your favorite beverage. For best results, take before exercise. MCT oil may be used as a substitute for conventional oils in salad dressings, sauces or cooking as a source of beneficial fatty acids. Not recommended for frying due to low boiling point.

*This product is wheat, gluten, soy, yeast and dairy free.*

**CAUTION:** Pregnant and nursing women should check dosage with their healthcare professional. Keep out of reach of children.

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



Manufactured with  
renewable energy

## Supplement Facts

Serving Size: 1 tsp. (5 mL)  
Servings per Container: 96

|                                                                                | Amount per Serving | % DV* |
|--------------------------------------------------------------------------------|--------------------|-------|
| Calories                                                                       | 30                 |       |
| Calories from Fat                                                              | 30                 |       |
| Total Fat                                                                      | 5 g                | 8%*   |
| Saturated Fat                                                                  | 5 g                | 25%*  |
| Total Carbohydrates                                                            | 0 g                | 0%*   |
| Sugars                                                                         | 0 g                | †     |
| Medium Chain Triglycerides<br>(caprylic acid, capric acid,<br>and lauric acid) | 4.75 g             | †     |

\*Percentage of Daily Value based on a 2,000 calorie diet. †Daily Value not established.

Contains: Tree Nut (coconut).

Keep Out Of Reach Of Children.  
For Dietary Supplement Use Only.  
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