

**Coconut MCT oil** is a source of healthy fats 'medium chain triglycerides'.\* The shorter chain length of MCTs enable them to be rapidly broken down and absorbed into the body making them an excellent and healthy energy source.\* MCTs support management of weight and body composition and help boost energy.\*

Coconut MCT oil is vegan and non-GMO, providing 60% caprylic acid (C8) and 40% capric acid (C10), and is ideal for ketogenic and paleo diets.\* Easily add to your coffee, shakes, smoothies, salad dressings and meals!

**Directions for use:** Coffee · Dressing · Shake · Cooking

**Contains no:** Gluten, wheat, corn, eggs, dairy, yeast, citrus, preservatives, artificial flavour or colour, starch, or sugar.

**Color and smell may vary from one lot to another.**

**Keep in a cool and dry place.**

**\* 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.**



UNFLAVORED

# Coconut MCT Oil

**60%**  
Caprylic acid

**40%**  
Capric acid



**NET WT 16.9 FL OZ (500 mL)**

## Supplement Facts

Serving Size: 1 Teaspoon (15 ml)  
Servings: approx. 33

|                                   | Amount<br>Per Serving | % Daily<br>Value* |
|-----------------------------------|-----------------------|-------------------|
| <b>Calories</b>                   | 130                   |                   |
| Calories from fat                 | 130                   |                   |
| <b>Total Fat</b>                  | 14 g                  | 19%               |
| Saturated fat                     | 14 g                  | 70%               |
| Trans fat                         | 0 g                   | 0%                |
| <b>Cholesterol</b>                | 0 g                   | 0%                |
| Medium-chain triglycerides (MCTs) | 13 g                  | **                |
| C8:0 - Caprylic acid              | 8.4 g                 | 60%               |
| C10:0 - Capric acid               | 5.6 g                 | 40%               |

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

\* Daily Value not established.

**Ingredient:** Coconut oil MCT.

Lot: N00055

BEST BEFORE / MEILLEUR AVANT: 23 AU 01



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