

Suggested Use: Take 1 tablespoon (15 mL) daily. Best when taken as directed by a qualified healthcare professional. Our Organic MCT Oil can be used in cooking/baking and traditional food recipes or added to salad dressings, shakes, or smoothies. Not suitable for frying.

Keep out of reach of children. Excessive use may cause GI upset. Pregnant or lactating women, the chronically ill, elderly, individuals under the age of 18, those taking prescription medication (e.g., blood thinners), as well as those with a physician-diagnosed medical condition should consult with a licensed physician, pharmacist, naturopath or other qualified healthcare professional prior to taking dietary supplements.

Sealed for your protection. Do not use if seal is missing or broken. Best stored at controlled room temperature 20°C to 25°C (68°F to 77°F). Improper storage conditions, such as extended exposure to direct sunlight, high heat & humidity can cause product degradation over time.

*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.

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Certified Organic by QAI



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CALIFORNIA GOLD NUTRITION® SPORT

ORGANIC MCT OIL



Medium Chain Triglycerides from Organic Coconut Oil

- Supports a Ketogenic Diet*
- Plant-Based Brain and Body Fuel*
- Suitable for Vegetarians

Formulated to Contain

NO
Gluten

NO
GMOs

NO
Palm

NO
Soy

UNFLAVORED

DIETARY SUPPLEMENT

32 fl oz (1 qt) 946 mL

Supplement Facts

Serving Size 1 tablespoon (15 mL)
Servings Per Container About 63

	Amount Per Serving	% Daily Value
Calories	130	
Total Fat	14 g	18%**
Saturated Fat	14 g	70%**
Organic Medium Chain Triglycerides (from Organic Coconut Oil)	13 g	†
Caprylic Acid (C8:0)	7.5 g*	†
Capric Acid (C10:0)	5.0 g*	†

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

Other Ingredients: None.

CONTAINS: TREE NUTS (COCONUT)

This product is not manufactured with milk, eggs, fish, crustacean shellfish, peanuts, wheat, soy, sesame, or gluten. Produced in a third-party audited, cGMP compliant facility that may process other products that contain these allergens or ingredients.

*Natural variations may occur.

Product of Philippines



All California Gold Nutrition® products come with a 100% GOLD Guarantee. If you are not completely satisfied with your purchase, return the unused portion within 90 days for a full refund.