

CAOH's Organic Malaysian MCT oil is made from fractionalized coconuts grown from heirloom Palms. The oil rapidly absorbs into your body and changes into ketones to give you long-lasting natural energy, mental focus, and is ketogenic fat burning.

It has many medicinal properties such as immune support and dental hygiene.

**WARNING:** Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product.

Store in a cool, dry, dark place. For maximum freshness and potency, refrigerate after opening and consume promptly. Stated levels valid only while the product is unopened, properly stored, and before use by date.

Shake Well Before Using. Open with care. Contents may be under pressure. Refrigerate After Opening.

Certified Organic by Organic Certifiers

**California Academy of Health (CAOH)**

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**Dietary Supplement**  
16 oz (472 ml)

# Organic MCT Oil

With **C8 Caprylic/Octanoic Acid**  
& **C10 Capric/Decanoic Acid**

## Nutrition Facts<sup>#</sup>

**Serving Size:** 1 Tablespoon (15 ml)

Servings Per Container: 32

	Amount Per Serving	% Daily Value
Calories (No Calories from Fat)	130	
<b>Total Fat</b>	<b>14 g</b>	22%
Saturated Fats	14 g	70%
Trans Fat	0 g	600 %
C8 Caprylic/Octanoic Acid C10 Capric/Decanoic Acid Triglycerides	14 g	**

**INGREDIENTS:** Organic Virgin MCT oil (Fractionalized - Caprylic/Capric Triglycerides) - unflavored.

**Suggested Use:** As a dietary supplement, take one tablespoon daily or as directed by your health care professional. May be mixed with water or a beverage of your choice. Can be taken directly, or with water, seltzer, mineral water, or juice. Great in a variety of recipes.

