



PURE SOURCE MCTs:

- **100% MCTs†:** 14 g of MCTs per serving.

†See Supplement Facts for Total Fat and Saturated Fat Content.

- Quickly digested and converted into energy for your brain and body.*
- Helps you to feel full.*
- Only from premium coconuts - no palm or other filler oils.
- Flavorless and odorless.
- Hexane-free.
- Stays liquid, even when refrigerated.

USES:

- Mix into smoothies, shakes, coffee, and other beverages.
- Add to your favorite foods such as salads, yogurt, and more.

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*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



ORGANIC MCT — OIL —

BRAIN AND BODY FUEL*



100% POTENCY • NO FILLER OILS

MEDIUM CHAIN TRIGLYCERIDES 14 g PER SERVING†

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

16 FL OZ (1 PT) (480 mL) DIETARY SUPPLEMENT

RECOMMENDATION: Adults take 1 Tablespoon (15 mL) 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 32

Amount per Serving		% DV†
Calories	130	
Total Fat	14 g	18%†
Saturated Fat	14 g	70%†
Trans Fat	0 g	**
Polyunsaturated Fat	0 g	**
Monounsaturated Fat	0 g	**
Cholesterol	0 mg	0%
Medium Chain Triglycerides	14 g	**
Caprylic Acid	7.7 g	**
Capric Acid	4 g	**

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

INGREDIENTS: medium chain triglycerides from organic coconut oil

Contains tree nuts (coconut).

KEEP OUT OF REACH OF CHILDREN. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Can be stored at room temperature or refrigerated. Avoid excessive heat and direct sunlight.

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