

KETO & VEGAN FORMULA

Support your fitness goals and healthy lifestyle with Nature's Truth® MCT Oil. Our MCT Oil is a source of beneficial fatty acids, including Caprylic and Capric Acids.



This versatile liquid is a popular alternative to traditional energy and sports drinks. It doesn't contain any sugary additives and gives any workout a natural edge. Plus, this oil can be used in the kitchen to make salad dressings, sauces, and more. Grab a bottle and reap the benefits of MCT Oil today!

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Taking too much, especially on an empty stomach, can result in a stomach ache or diarrhea. If any adverse reactions occur, immediately stop using this product and consult your doctor. If seal under cap is damaged or missing, do not use. Keep out of reach of children. Store in a cool, dark, dry place. Do not use MCT Oil for frying.

This product may solidify when refrigerated.

For optimum freshness keep refrigerated after opening and use within 1 year after opening.

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Nature's Truth LLC
Ronkonkoma, NY 11779
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1-844-544-1030
naturestruthproducts.com



NATURE'S TRUTH®

VITAMINS

Unflavored

MCT OIL

MEDIUM CHAIN TRIGLYCERIDES

Contains Caprylic & Capric Acid

Blends easily with
Coffee & Shakes



DIETARY
SUPPLEMENT

16 FL. OZ. (473 mL)

DIRECTIONS: For adults, take one (1) tablespoon (15 mL) one to three times daily, preferably with food. MCT Oil can be used in salad dressings, sauces or cooking as a source of beneficial fatty acids. Do not use MCT Oil for frying due to low smoking point.

Supplement Facts

Serving Size: 1 Tablespoon (15 mL)
Servings Per Container: About 32

Amount Per Serving	%Daily Value	
Calories	120	
Total Fat	14 g	18%**
Saturated Fat	14 g	70%**
Polyunsaturated Fat	0 g	*
Monounsaturated Fat	0 g	*
Medium Chain Triglycerides (60% Caprylic and 40% Capric Acid)	14 g	*

*Daily Value not established.

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

INGREDIENTS: MCT Oil. Contains <1% of: Organic Coconut Oil.

Contains tree nut (coconut) ingredients.

NO Gluten, Wheat, Yeast, Milk, Lactose, Soy, Artificial Color, Artificial Flavor, Artificial Sweetener, Preservatives.

NON-GMO • VEGAN FORMULA