

purely inspired®

**SUPPORTS KETO AND PALEO DIETS**

Purely Inspired® 100% Pure MCT Oil is packed with medium chain triglycerides (MCTs), a rapidly absorbed energy source.† This clean formula supplies capric and caprylic acids, and does not have the undesirable fatty acids. It supports the ketogenic diet and is also paleo diet friendly.

**MADE FROM 100% NON-GMO COCONUTS**

Purely Inspired® 100% Pure MCT Oil is sustainably sourced from 100% non-GMO coconuts.

**BENEFICIAL FATS FOR SUSTAINED ENERGY**

Purely Inspired® 100% Pure MCT Oil is easily absorbed and quickly converted into sustained energy in the body, rather than stored fat. The MCTs provide an instant source of energy from clean fat, not sugar, to keep you fueled throughout the day.†

**OPTIONS TO ENJOY**

Unflavored, Purely Inspired® 100% Pure MCT Oil is easy to mix in any drink or food for sustained energy.†



**COFFEE**

Blend 1 tbsp. of MCT Oil for sustained energy.†



**SMOOTHIES**

Add 1 tbsp. of MCT Oil and 1 scoop of Purely Inspired® Organic Protein



**DRESSINGS**

Use MCT Oil to make any dressing or marinade



**COOKING**

Substitute traditional cooking oils with the flavorless MCT Oil (smoke point 320°F)



purelyinspired.com

Find us on:



@PurelyInspiredNutrition



@Pisupplements

AMERICA'S #1 FASTEST GROWING SUPPLEMENT BRAND\*

purely inspired®

100% PURE  
**MCT Oil**

SUPPORTS A  
**KETOGENIC DIET**



FROM 100%  
**COCONUTS**



SUSTAINED  
**ENERGY†**



CLEAN FAT  
**FOR FUEL**



BLENDS WITH  
**COFFEES, TEAS & SHAKES**



31 Servings

FLAVORLESS • ODORLESS

Net Wt 16.1 fl.oz. (475mL)

Dietary Supplement

**Supplement Facts**

Serving Size: 1 Tablespoon (15mL)

Servings Per Container: Approx. 31

Amount Per Serving	% Daily Value	
Calories	130	
Total Fat	14g	18%*
Saturated Fat	14g	70%*
Medium Chain Triglycerides (MCTs) [derived from coconut oil] (as <i>Cocos nucifera</i> ) (fruit)	14g	†
Supplying:		
Caprylic acid		
Capric acid		

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

† Daily Value not established.

Ingredients: Medium Chain Triglyceride Oil. Contains coconut ingredients.

Directions: Take 1 serving (1 tablespoon) once daily. Read the entire label before use and follow the directions provided.

**WARNING: For adult use only.** Do not use if pregnant or nursing. Consult a medical doctor if you have a medical condition or before starting any diet or exercise program. **KEEP OUT OF REACH OF CHILDREN.**

† 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.

\*Based on AC Nielsen data comparing unit and dollar sales percent growth vs. previous 52 weeks ending Feb. 25, 2017.

Do not use if packaging has been tampered with.

Do not refrigerate. Store in a cool, dry place (60°F to 80°F).

TWITTER, TWEET, RETWEET and the Twitter logo are trademarks of Twitter, Inc. or its affiliates.

Packaged in the U.S.A. Made in Indonesia.

Distributed by Iovate Health Sciences U.S.A. Inc.

1105 North Market Street, Suite 1330,

Wilmington, DE 19801

© 2019. For lot no. and expiry date: see bottle.



6 31656 80117 0

16641US 1019