

## Energy Source • 62% MCTs

- 2.5 g medium chain fatty acids (MCTs) per serving
- Used by the body to produce energy\*
- Ideal for active lifestyles, exercise and weight loss programs

## Extra Virgin, Cold-Pressed Oil

- Made from non-GMO coconuts
- Non-hydrogenated; No trans fat
- Unrefined; Non-bleached; Hexane-free

**NOTE:** Coconut oil in softgels may solidify below 76° F and change in appearance. This is normal and will not affect product quality. **SATISFACTION GUARANTEED.** Safety sealed with printed outer shrink wrap and printed inner freshness seal. Do not use if either seal is broken or missing. **Keep out of reach of children.** Store in a cool, dry place.

**\*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

◆ LN10009.04 BLK8801



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# Coconut Oil

## PURE EXTRA VIRGIN

Energy Source  
1,000 mg



62% MCTs • DIETARY SUPPLEMENT • 120 SOFTGELS

## Recommendation:

Take 4 softgels daily with meals.

## Supplement Facts

Serving Size 4 Softgels / Servings per Container 30

| Amount Per Serving                                                                                                                | % DV   |      |
|-----------------------------------------------------------------------------------------------------------------------------------|--------|------|
| Calories                                                                                                                          | 45     |      |
| Calories from Fat                                                                                                                 | 35     |      |
| Total Fat                                                                                                                         | 4 g    | 6%†  |
| Saturated Fat                                                                                                                     | 3.5 g  | 18%† |
| Trans Fat                                                                                                                         | 0 g    | **   |
| Polyunsaturated Fat                                                                                                               | <0.5 g | **   |
| Monounsaturated Fat                                                                                                               | <0.5 g | **   |
| Cholesterol                                                                                                                       | 0 mg   | 0%†  |
| Organic Extra Virgin Coconut Oil providing 62% MCTs (2,484 mg):<br>Lauric Acid 1,902 mg; Caprylic Acid 298 mg; Capric Acid 284 mg | 4 g    | **   |

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

Other ingredients: gelatin (softgel), glycerin, purified water

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Questions? 1-800-9NATURE / naturesway.com

**GLUTEN FREE.** No artificial preservatives.