

**Suggested Use:** As a dietary supplement, take one tablespoon. May be taken alone or mixed with your favorite hot or cold beverage.

**SHAKE WELL BEFORE EACH USE**

Our pure coconut-based emulsified MCT Oil (medium chain triglycerides) is not only packed with the medium chain fatty acids that started the MCT oil craze, it also contains potent levels of lauric acid, a compound found in coconuts that is thought to support optimal health.\* Palm oil, a leading constituent in many other MCT oils on the market, is typically harvested from native palm forests, contributing to the destruction of the last remaining habitats for orangutans. So enjoy our best in class emulsified MCT oil and send a karmic high five to the great red ape.

Consult a medical doctor before taking this or any other nutritional supplement if you are pregnant, nursing, have or suspect a medical condition or are taking any medications. Store in a cool, dry place. Do not use if freshness seal is missing or broken. KEEP OUT OF REACH OF CHILDREN.

**TYPICAL MCT CONTENT PER SERVING:**

Caprylic Acid.....2,400 mg  
 Capric Acid.....1,950 mg  
 Lauric Acid.....2,000 mg

\*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.

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EMULSIFIED  
**MCT OIL**  
 COCONUT

MEDIUM CHAIN TRIGLYCERIDES  
**MIXES EASILY**  
 INTO HOT *or* COLD  
 — No Blending Required —

QUICK & CLEAN *Typically*  
**FUEL** **25%**  
 LAURIC ACID

**CONTAINS 0% PALM**



Supplement Facts	
Serving Size 1 Tablespoon (15 mL) Servings Per Container about 23	
Amount Per Serving	% DV
Calories 70	
Calories from Fat 65	
Total Fat 7g	11%*
Saturated Fat 7g	35%*
Trans Fat 0g	††
Polyunsaturated Fat 0g	††
Monounsaturated Fat 0g	††
Total Carbohydrate 1g	<1%*
Medium Chain Triglycerides (MCTs) (from Coconut Oil) 6.9g	††

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

**Other Ingredients:** Water, Gum Arabic, Natural Flavors, Sorbic Acid

**CONTAINS TREE NUTS (COCONUT)**  
 Typical Values, Natural Variation Possible

PRODUCT OF THE PHILIPPINES

**Manufactured Exclusively For:**  
 Onnit Labs, LLC  
 Austin, Texas 78744  
 (855) 666-4899



R162901-2746



Dietary Supplement  
 12 FL OZ (355 mL)

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