



*Premium liquid coconut oil
with the superior taste and
aroma of fresh coconut.*

Pure Source MCTs:

- **Non-GMO coconuts;** Hexane-free.
- **93% MCTs†:** 13 g of medium chain triglycerides (caprylic, capric and lauric acids) per serving.

†See Supplement Facts for total fat and saturated fat content.

Delicious Uses:

- **Enjoy fresh or chilled** in sauces, dips, dressings, smoothies, drizzling over popcorn & more!
- Enhances the flavor of your favorite foods.
- For cooking, baking or sautéing **up to 350°.**



**Stays Liquid
When Refrigerated**



Always Liquid

Coconut PREMIUM OIL



Pure Source MCTs

SEE SUPPLEMENT FACTS FOR TOTAL & SATURATED FAT CONTENT

SUPERIOR FLAVOR & AROMA

DIETARY SUPPLEMENT • 20 FL OZ (600 mL)

Recommendation: Take 1 tablespoon (15 mL) as needed.

Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings per Container 40

Amount Per Serving		%DV
Calories	130	
Calories from Fat	130	
Total Fat	14 g	22%†
Saturated Fat	13 g	67%†
Trans Fat	0 g	**
Polyunsaturated Fat	<0.5 g	**
Monounsaturated Fat	<0.5 g	**
Cholesterol	0 mg	0%
Medium Chain Triglycerides	13 g	**
Caprylic Acid	7 g	**
Capric Acid	5 g	**
Lauric Acid	1 g	**

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

Ingredients: Coconut Oil

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

GLUTEN FREE. No refrigeration required.

Store in a cool, dry place. Safety sealed for your protection. Do not use if inner freshness seal under bottle cap is broken or missing.
Product of Philippines.

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BPA FREE

