



*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 • 10 FL OZ (300 mL)

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

Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings per Container 20

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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