



Extra Virgin Coconut Oil

1000 mg
per softgel

- Energy Production°
- Metabolism°
- Made with extra virgin coconut oil

120 Softgels
Dietary Supplement



Gluten
Free

Dairy
Free

Soy
Free

Supplement Facts

Serving Size 4 Softgels
Servings Per Container 30

	Amount Per Serving	% Daily Value†
Calories	50	
Total Fat	5 g	6%
Saturated Fat	4 g	20%
Organic Extra Virgin Coconut Oil (<i>Cocos nucifera</i>) (nut)	4,000 mg	*

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

* Daily Value not established.

Other ingredients: Medium chain fatty acids, gelatin, glycerin, purified water.

Contains: Tree Nuts (coconut).

Does not contain: Wheat, Gluten, Sugar, Salt, Soy, Dairy, Fish, Artificial Colors or Flavors.

DIRECTIONS: As a dietary supplement, take four (4) softgels daily, preferably with a meal.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

° 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.

Pure living, naturally true®

Welcome to the world of plnt®: an array of earth-friendly products including herbs, supplements, vitamins, multis, and whole foods independently tested to ensure purity, potency, and consistent quality. The plnt line of products is gluten- and dairy-free, with ingredients sourced in nature. That's why we leave out the "a" in plnt, to represent the absence of artificial preservatives, colors, flavors, or sweeteners. The result is nutrition that you can believe in.

Typical MCT profile per 4 softgels (4,000 mg)

C8:0 Caprylic Acid	280 mg
C10:0 Capric Acid	240 mg
C12:0 Lauric Acid	2,000 mg

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal is broken or missing.

This natural product may vary in color.

At cooler temperatures, liquid in softgels may solidify.

Distributed by: Vitamin Shoppe, Inc., Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216 for more information and to reorder.

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