DAVID PERLMUTTER, M.D.



America's Brain-Health Expert. a Board-Certified

Neurologist, #1 New York Times best-selling author. Fellow of the American College of Nutrition, and expert in the human MICROBIOME

Quickly Digested, Absorbed & Converted into Energy[†]

Medium chain triglycerides (MCTs) are naturally found in coconut oil and are fast fuel for Body and Brain.[†]

- > 13g of MCTs (including caprylic and capric acids) per serving
- Only from sustainably grown organic coconuts
- No palm oil or other filler oils
- Hexane-Free
- Non-Hydrogenated, Og Trans Fat
- Paleo & Ketogenic diet-friendly

† 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.



100½ ORGANIC COCONUT





FAST FUEL for BODY & BRAIN[†]

MEDIUM CHAIN

16 FL OZ (473 mL) DIETARY SUPPLEMENT (S)

Suggested Use: Take 1 Tbsp. Try in coffee, shakes, vogurt or on salads. Not intended for cooking.

Supplement Facts

Servings Per Container Approximately 32

	Amount Per Serving	% Daily Value
Calories	130	
Total Fat	14 g	17%*
Saturated Fat	14 g	70%*
Trans Fat	0 g	+
Polyunsaturated Fat	0 g	+
Monounsaturated Fat	0 g	+
Cholesterol	0 mg	0%
Medium Chain Triglycerides (MCTs)	13 g**	+
C8:0 - Caprylic Acid	7g**	
C10:0 - Capric Acid	5 g**	
C12:0 - Lauric Acid	1 g**	

* Percent Daily Values are based on a 2,000 calorie diet. INGREDIENTS: 100% Organic Coconut Medium

Chain Triglycerides.

**Naturally occurring. No refrigeration required.

Keep out of reach of children. Do not use if safety seal is broken or missing. Contains no artificial colors, flavors.

sweeteners or preservatives. Certified





















Certified Organic by QCS www.gardenoflife.com

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