



### PURE SOURCE MCTs:

- 100% MCTs†: 14 g of MCTs per serving.
- †See Supplement Facts for Total Fat and Saturated Fat Content.
- Quickly digested and converted into energy for your brain and body.\*
- Helps you to feel full.\*
- Only from premium coconuts - no palm or other filler oils.
- Flavorless and odorless.
- Hexane-free.
- Stays liquid, even when refrigerated.

### USES:

- Mix into smoothies, shakes, coffee, and other beverages.
- Add to your favorite foods such as salads, yogurt, and more.

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QUESTIONS? 1-800-9NATURE / naturesway.com  
Product of Sri Lanka.



Certified Organic by Pro-Cert Nature's Way® Verified

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



# ORGANIC MCT — OIL —

BRAIN AND BODY FUEL\*



100% POTENCY • NO FILLER OILS

MEDIUM CHAIN TRIGLYCERIDES  
14 g PER SERVING‡

‡SEE SUPPLEMENT FACTS FOR TOTAL FAT AND SATURATED FAT CONTENT.

**RECOMMENDATION:** Adults take 1 Tablespoon (15 mL) 1-3 times daily as needed.  
**CAUTION:** Excessive use may cause GI discomfort. To reduce this effect, take with food. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

### Supplement Facts

Serving Size 1 Tablespoon (15 mL)  
Servings per Container 32

Amount per Serving		% DV
Calories	130	
Total Fat	14 g	18%†
Saturated Fat	13 g	65%†
Trans Fat	0 g	**
Polyunsaturated Fat	0 g	**
Monounsaturated Fat	0 g	**
Cholesterol	0 mg	0%
Medium Chain Triglycerides	14 g	**
Caprylic Acid	7.7 g	**
Capric Acid	5.0 g	**

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

**INGREDIENTS:** medium chain triglycerides from organic coconut oil  
Contains tree nuts (coconut).

**KEEP OUT OF REACH OF CHILDREN.** Safety sealed for your protection. Do not use if inner freshness seal under bottle cap is broken or missing.

**NO REFRIGERATION REQUIRED.** Store in a cool, dry place.

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16 FL OZ (1 PT) (480 mL) DIETARY SUPPLEMENT