

Nutiva nurtures vitality by conscious curating of the world's finest plant-based organic foods.

1ST ORGANIC MCT OIL IN THE WORLD!

Made from certified organic coconuts grown without pesticides, GMOs or hexane. No filler oils. Our organic Medium-Chain Triglyceride (MCT) Oil is paleo-friendly and naturally gluten-free.

SUGGESTED USE: Take 1 Tbsp 1-3 times daily as a dietary supplement. Add to coffee, shakes, yogurt and salads. Not recommended for use in frying.

NOTE: Consult your healthcare practitioner before using if you are pregnant, nursing, experiencing any health conditions or taking any medications.

Also try our organic Virgin Coconut Oil, Chocolate Hazelnut Spread, Plant Protein, Hemp, Chia and Red Palm products.

For delicious recipes and info on our sustainability efforts, visit nutiva.com.

1% OF SALES GO TO SUSTAINABLE AGRICULTURE \$4 MILLION+

nutiva[®]
NURTURE VITALITY™

ORGANIC
MCT OIL
FROM COCONUT
UNFLAVORED



Mix with coffee, shakes & salads

Light coconut aroma

MEDIUM-CHAIN
13g
per serving*
TRIGLYCERIDES*

93% MCTS*

*See Supplement Facts for Total Fat and Saturated Fat content.

16 FL OZ (473mL)

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tbsp (15mL)
Servings Per Container About 32

	Amount Per Serving	% Daily Value
Calories	130	
Calories from Fat	130	
Total Fat	14 g	22%†
Saturated Fat	14 g	70%†
Trans Fat	0 g	††
Polyunsaturated Fat	0 g	††
Monounsaturated Fat	0 g	††
Cholesterol	0 g	0%
Medium-Chain Triglycerides (MCTs)		
C8:0 – Caprylic acid	7.3 g**	††
C10:0 – Capric acid	5.0 g**	††
C12:0 – Lauric Acid	0.7 g**	††

†Percent Daily Values are based on a 2,000-calorie diet.
††Daily Value not established.

**Natural variations can occur.

INGREDIENTS: ORGANIC COCONUT MEDIUM-CHAIN TRIGLYCERIDES
CONTAINS COCONUT. PACKED IN A PEANUT-FREE FACILITY.

MANUFACTURED BY
Nutiva®, 213 W. Cutting Blvd.
Richmond, CA 94804
(800) 993-4367 • www.nutiva.com
Product of Singapore

CERTIFIED ORGANIC
by QAI

**Vegan • Non-GMO • No Hexane
Non-Hydrogenated • 0g Trans Fat*
93% MCTS***

*See Supplement Facts for Total Fat and Saturated Fat content.

STORAGE: No refrigeration required.
Tamper-evident; use only if seal is intact.



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