

Get MORE with the RIGHT fats.

Fats are nature's misunderstood secret weapon. They are the perfect fuel for your body which increase energy, boost brain function and improve your appearance! We ethically harvest only the highest quality ingredients from around the world to ensure that you get the purest and most powerful naturally-occurring, super-tasty and utterly-amazing Goodfats.

Be good & feel delicious,

Naomi

Naomi Whittel, Founder



simplygoodfats.com

*As part of a low carbohydrate or ketogenic diet. SGF1260



—SIMPLY—
♥
GOODFATS™
BE GOOD & FEEL DELICIOUS

WHOLE FOOD MCT™

UNFLAVORED

Good for energizing everyday meals and drinks

Supports Brain Function • Burns Stored Fat • Balances Metabolism*

16 FL OZ — 473 ML

13G MEDIUM CHAIN TRIGLYCERIDES

Directions: Start with one teaspoon the first day and build up to three tablespoons per day over several weeks. Just start small as too much too soon can upset your stomach.

Nutrition Facts

31 servings per container
Serving size 1 Tablespoon (15g)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 14g	70%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: MCT Liquid Coconut Oil

CONTAINS TREE NUTS (Coconuts)

Manufactured for Simply Goodfats®, LLC
University Ave, Gainesville, FL 32607
866-874-3287 • simplygoodfats.com

FATTY ACID PROFILE: C8:0 Caprylic Acid-6.0g, C10:0 Capric Acid-4.2g, C12:0 Lauric Acid-1.2g

Consume within 60 days after opening

Made in Singapore • Please recycle



SGF1261