

COCONUT MCT OIL



Coconut oil is a superior source of medium triglycerides (MCT). Due to their shorter length, MCTs are easily digested and many health benefits are linked to the way your body processes these healthy fats. Approximately 65% of the fatty acids in coconut oil are MCT. These medium-chain fatty acids are essential for good health and are used in the body in a variety of ways.

Quick Facts:

- Approximately 60% C8 Caprylic acid, and 40% C10 Capric acid
- Shown to have anti-oxidant, anti-viral and anti-fungal effects
- May aid in digestion, improve moods and raise metabolic rate
- Flavourless and odourless
- Crystal clear
- Can be added to smoothies or protein shakes, juices, added to dips, sauces and salad dressings
- Nutraceutical grade dietary supplement
- Can be encapsulated
- Smoke point – 170°C

Nutrition Facts	
Serving Size 1 tbsp (15mL)	
Amount Per Serving	
Calories	130
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 13g	65%
Trans Fat 0g	**
Polyunsaturated Fat 0g	**
Monounsaturated Fat 0g	**
Cholesterol 0mg	0%
Medium Chain Triglycerides 14g	**
Caprylic Acid 7.7g	**
Capric Acid 5.0g	**

*The % Daily Value 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. **%Daily Value not established.



100-8151 Churchill Street East
Delta, British Columbia
V4K 0C2 | Canada

829 48th St E
Saskatoon, Saskatchewan
S7K 0X5 | Canada

1-800-655-1834
sales@food4change.com
food4change.com