

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
- Cook, bake or fry
- 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 **22%**

Saturated Fat 14g **70%**

Total Carbohydrate 0g **0%**

Protein 0g **0%**

Not a significant source of trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.

*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.



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