



NKDLIVING

PREMIUM C8 & C10

MCT OIL

100% COCONUT

FOOD SUPPLEMENT

MCT OIL

100% COCONUT

NKD LIVING'S 100% COCONUT MCT OIL IS A GREAT ALTERNATIVE TO TRADITIONAL OILS. ITS PACKED WITH THE MEDIUM CHAIN TRYGLYCERIDES CAPRIC ACID AND CAPRYLIC ACID WHICH HAVE BEEN SCIENTIFICALLY PROVEN TO INCREASE KETONE LEVELS FOR PEOPLE ON LOW CARBOHYDRATE DIETS.

HOW TO USE:

ADD TO COFFEE, SALADS AND SHAKES.
START OFF BY TAKING 1 TBSP A DAY.
WORK UP TO TAKING 1-3 TBSP A DAY.
NOT RECOMMENDED FOR USE IN FRYING.
EXCESSIVE CONSUMPTION MAY CAUSE DISCOMFORT.

HOW TO USE:

COFFEE



ADD 1 TBSP TO YOUR COFFEE FOR INCREASED ENERGY!

SHAKES



UPGRADE YOUR SMOOTHIES AND PROTEIN SHAKES BY ADDING 1 TBSP OF MCT OIL

SALADS



POUR 1 TBSP OVER A SALAD FOR ADDED ENERGY

DRESSINGS



MCT OIL MAINTAINS ITS LIQUID CONSISTENCY SO CAN BE INFUSED INTO DRESSINGS

INGREDIENTS:

100% MCT OIL,
BASED ON COCONUTS

NUTRITIONAL INFO:

VALUES	PER 100G	PER 15G
ENERGY	900 KCAL	135 KCAL
CARBOHYDRATES	<1G	<1G
FAT	100G	15G
SATURATED FAT	0G	15G
PROTEIN	100G	0G
SALT	0G	0G

TYPICAL MCT CONTENT:

C8 60%, C10 38%, C12<2%

ADDRESS:

NKD LIVING LTD, UNIT 7A,
PINEHAM FARM, HACVERSHAM, MK19 7DP
PACKED IN THE UK

BATCH NUMBER:

020055246

BEST BEFORE:

JUNE 2023



0 016027 495682

WWW.NKDLIVING.COM

500
ml

