

Experience the essence of purity with our premium organic MCT oil, carefully selected and crafted for unparalleled quality and transparency. Made solely from 100% MCT oil extracted from organic, non-GMO coconuts, our potent formula contains a minimum of 96% caprylic acid (C8) medium-chain triglycerides. With its flavourless and odourless nature, our MCT oil effortlessly integrates into any drink or recipe, maintaining the original taste and aroma. Ideal for supporting ketogenic and low-carbohydrate diets, our MCT oil is your key to a versatile and healthy lifestyle.

**Best Before:** See base.  
**Storage:** Store in a cool dry place.

**Suitable for vegetarians and vegans. Naturally free from gluten and wheat.**  
**Keto and paleo friendly, dairy free, Non-GMO and soy free.**  
**NO ARTIFICIAL COLOURS, SWEETENERS OR FILLERS**

Manufactured in the United Kingdom  
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GB-ORG-05  
Non-EU Agriculture



Non-UK Agriculture

# ORGANIC C8 MCT OIL

100% Coconut-derived

Keto-friendly

Pure, odorless &  
unflavoured C8

Caprylic Acid

Medium-chain Triglycerides

500ml<sup>e</sup>

# KIKI HEALTH

**Directions for use:** Take 1 tablespoon (15ml) on it's own or mix with coffee, water or other drink. You can also add to smoothies, dips, salad dressings, or drizzle over food.

**Ingredients:**  
100% Organic MCT Oil, providing Caprylic Acid C8  
Medium-Chain Triglycerides from coconuts

**Serving size:** 15ml / **Servings per bottle:** 33

## Nutrition

Typical values	per 100ml	per 15ml serving
Energy	3619kj 865kcal	543kj 130kcal
Fat	99g	14.9g
<i>of which saturates</i>	99g	14.9g
Carbohydrate	0g	0g
<i>of which sugars</i>	0g	0g
Fibre	0g	0g
Protein	0g	0g
Salt	0g	0g
Caprylic Acid(C8:0)	>96g	>14.4g
Capric Acid (C10:0)	<4g	<0.6g