

**Average Nutritional Values/** durchschnittliche Nährwerte/ valeur nutritionnelle moyenne pour/ gemiddelde voedingswaarde/ **per 100ml**

**Energy/Energie/énergie/energie** 3700kJ/900kcal

**Fat/Fett/matières grasses/vetten** 100g

**of which saturates/davon gesättigte** 100g

Fettsäuren/dont acides gras saturés/

waarvan verzadigde vetzuren

**Carbohydrate/Kohlenhydrate/glucides/** 0g

koolhydraten

**of which sugars/davon Zucker/** 0g

dont sucres/ waarvan suikers

**Fibre/Ballaststoffe/fibres** 0g

alimentaires/vezels

**Protein/Eiweiß/protéines/eiwitten** 0g

**Salt/Salz/sel/zout** 0g

Caprylic Acid (C8:0) 55g min - 60g max

Capric Acid (C10:0) 35g min - 40g max

Our careful pressing and bottling method preserves the nutritional wealth and natural flavour as much as possible.

**Serving suggestion:** Add MCT oil to drinks like coffee or smoothies, or drizzle it over salads, soups, and other meals.

Recommended usage: Begin with 1 tsp per day and gradually increase to 1 tbsp as your body adjusts.

**Store in a cool, dark place/** Kühl und trocken lagern/ Conserver dans un endroit frais et sec/ Bewaren op een koele en droge plaats

**Best before/** Minstens houdbaar bis:/ À consommer de préférence avant le:/ Ten minste houdbaar tot:

### SAY HELLO!

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## ORGANIC MCT OIL MEDIUM CHAIN TRIGLYCERIDE

### C8 & C10

made from 100%  
pure premium  
coconut oil

250ml e

Our premium MCT oil is made from organic coconuts and contains naturally occurring medium-chain triglycerides, including caprylic (C8) and capric (C10). Its flavourless profile makes it easy to add to smoothies, coffee, salad dressings, or protein shakes.

**GB: ORGANIC 100% COCONUT MCT OIL**

Ingredients: MCT Coconut Oil\*.

\* = Certified Organic Ingredients.

**DE: BIO 100% KOKOSNUSS-MCT-ÖL**

Zutaten: MCT-Kokosnussöl\*.

\* = aus kontrolliert biologischem Anbau.

**FR: BIO HUILE MCT 100% COCO**

Ingédients: Huile de coco MCT\*.

\* = issu de l'agriculture biologique.

**NL: BIOLOGISCHE 100% KOKOS-MCT-OLIE**

Ingrediënten: MCT-Kokosolie\*.

\* = van gecontroleerde biologische landbouw.

## ORGANIC PLANT-BASED NO GMO



PLEASE RINSE  
& RECYCLE ME

NL-BIO-01

Non EU Agriculture

Nicht-EU-Landwirtschaft

Agriculture non UE

niet-EU Landbouw

250ml e

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