

# MCT OIL

## MEDIUM CHAIN TRIGLYCERIDES

ENIVA® ORGANIC ENHANCED MCT OIL provides energy packed fatty acids and metabolism support.\* This MCT Oil contains specialized fatty acids from Non-GMO coconut oil that are a much faster source of energy than most longer chain fatty acids.

Made with MCTs from real organic coconuts, no palm or filler oils

Liquid advantage for body use and easy mixing – blends great with coffee and shakes

Keto • Paleo • Vegan  
0 Sugar and 0 Carbs

Natural – no artificial sweeteners, colors, flavors or filler oils

### NATURE BASED NUTRITION

Blends Easily with Coffee & Shakes, Soups and Sauces

- Energy Packed Fatty Acids\*
- Mental Focus\*
- Body Energy\*
- Metabolism & Weight Health\*

### DIRECTIONS

As a dietary supplement begin by using 1 Tbl per day until personal tolerance is reached.

### SUGGESTED USE

1–3 Tablespoons daily as needed.  
Add to coffee, smoothies and food.

### STORAGE DIRECTIONS

Store in cool, dry place.  
Refrigeration is not required.



ID # 7305 MCT Oil (16 oz)

### Wellness to the World®

#### Supplement Facts

Serving Size 1 Tablespoon (15 mL, 14 g)  
Servings Per Container 32

	Amount Per Serving	% Daily Value
<b>Calories</b>	130	
<b>Total Fat</b>	14 g	18%*
Saturated Fat	14 g	65%*
Trans Fat	0 g	†
Polyunsaturated Fat	0 g	†
Monounsaturated Fat	0 g	†
<b>Cholesterol</b>	0 mg	0%
<b>Total Carbohydrate</b>	0 g	0%
Total Sugars	0 g	
<b>Enhanced Organic MCT Oil Blend</b>	13.5 g	†
(From USDA Organic & Non-GMO Coconut Oil)		
<b>Typical Fatty Acid Composition, as TG:</b>		
Caprylic Acid (C8:0)	8 g <sup>A</sup>	
Capric Acid (C10:0)	5 g <sup>A</sup>	
Lauric Acid (C12:0)	<1 g <sup>A</sup>	

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
†Daily Value not established.

Ingredients: Pure medium chain triglycerides (MCT) oil from organic and Non GMO coconut oil.  
Contains: Tree nuts (coconut).

Natural variations may occur.

Eniva Health® 2700 Campus Drive, Plymouth, MN 55441  
Certified Organic by: MCIA

