

ALL NEW!
PLANT-BASED ESSENTIALS

KETO
APPROVED

**NORTH
COAST
NATURALS** ^{TM/MC}

100% PURE MCT OIL ^{TM/MC}

- ▲ High-performance brain & muscle fuel
- ▲ 100% pure MCTs (medium-chain triglycerides)
- ▲ Isolated from non-GMO coconut oil
- ▲ 6 times more MCTs than regular coconut oil
- ▲ Highest quality MCTs contain C8 & C10 triglycerides
- ▲ Ours is in the preferred 70:30 ratio of C8:C10 with no C12
- ▲ Keto, low-carb & paleo diet perfect



MCTs are rapidly broken down and absorbed, then transported into the mitochondria to be readily used as fuel. Unlike regular fats, they bypass the liver, making them a faster energy source. Gram for gram, they provide just over twice the energy of carbs. MCTs provide fuel for both muscle and brain cells, and evidence suggests they can support healthy thyroid function. Many regard C8 and C10 as the “true MCTs.” The smaller triglyceride molecules C8 and C10 are a more efficient energy source than the longer C12 triglyceride, making them more “keto friendly.” MCTs also have a long and safe history of use in parenteral nutrition (given by IV). If you’re looking to go on a reduced-sugar or reduced-carbohydrate diet (such as a keto diet), pure MCT oil is a preferred fuel source. Our 100% pure MCT oil is not to be used for frying, as true 100% pure MCT oil becomes unstable and smokes at just under 200 °F (93 °C). Just add MCT oil to your shakes, smoothies, or incorporate it into your salad dressing or dip.



NON-GMO



NATURAL



VEGAN

Direct from our 2 (BC & Ontario) warehouses  72 hours coast to coast

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MCT KETO COFFEE BOOST

- 1 cup of freshly brewed hot coffee
- 1/2 cup coconut coffee creamer (unsweetened)
- 1 tbsp MCT Oil
- 1 tsp Butter (or ghee)
- 1 tsp unsweetened cocoa powder (optional)

Blend all ingredients until smooth. Enjoy!

Why Does The C:8 – C:10 Ratio In MCT Oil Matter?

- ▲ C:8 and C:10 MCTs are more rapidly absorbed than C:12 MCT
- ▲ The higher C:8/C:10 ratio provides energy, faster – vital for keto diets
- ▲ Provides a superior ketogenic effect & energy boost
- ▲ A blended C:8/C:10 MCT oil is easier on the gut than a pure C:8 MCT oil

Why Does The C:8 Triglyceride Content of MCT Oil Matter?

Of the MCT fats (aka triglycerides), C:8

- ▲ Is the most ketogenic of the MCT fats commercially available – i.e. it's the best for those on a ketogenic diet
- ▲ Is the most rapidly absorbed of the MCT fats
- ▲ Doesn't require any liver bile for digestion; great for people with fat malabsorption issues (seniors included) or for those lacking a gallbladder
- ▲ Delivers energy (body & brain) faster than other MCTs – great for keto diets

Why Use North Coast Naturals Mct Oil?

- ▲ We were one of the first six companies to provide MCT oil in North America
- ▲ We are the largest direct-importer and direct-bottler of these oils in Canada
- ▲ Made only from 100% pure non-GMO coconuts. Naturally grown and sustainably farmed without pesticides; hexane-free and non-hydrogenated.
- ▲ We have the greatest assortment of sizes – 473 ml, 946 ml, 1.89L, 18.9 L, 190 L
- ▲ Our oil has a higher C:8 and C:10 ketogenic ratio
- ▲ Our oil has a higher C:8 level than organic brands, by an average of 33%

Nutrition Facts Valeur nutritive

Per 15 ml (1 tbsp)
pour 15 ml (1 c. à soupe)

Calories 120 % Daily Value*
% valeur quotidienne*

Fat (100% MCTs) / Lipides (100% de TCM) 14 g 19 %
Saturated / saturés 14 g 70 %

Not a significant source of trans fat, carbohydrate, fibre, sugars, protein, cholesterol, sodium, potassium, calcium, or iron.

Source négligeable de lipides trans, glucides, fibres, sucres, protéines, cholestérol, sodium, potassium, calcium ou fer.

*5% or less is a **little**, 15% or more is a **lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients: Fractionated coconut oil supplying 100% pure, true MCTs (medium chain triglycerides).

TYPICAL C8 & C10 MCT PROFILE

Caprylic acid (C8 fatty acids).....9.8 g
Capric acid (C10 fatty acids).....4.2 g
Values are approximate and are subject to normal variation.

Recommended purpose: 100% pure MCTs supply quick energy, like carbohydrates do, yet MCTs are not carbs! When your diet demands more energy without adding more carbs, ignite your body with MCT Oil, the high-performance fuel!

Suggested use: 1 serving with food – may be used up to 3 times per day. First 3 days: new users start with 1 teaspoon (5 ml) with food to assess your initial tolerance. Not to be used for frying. Can be used in baking, add to shakes, drizzle onto salads or already-cooked meals.



NON-GMO



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