

**ALL NEW!**  
PLANT-BASED ESSENTIALS

**KETO**  
APPROVED

**NORTH  
COAST  
NATURALS** <sup>TM/MC</sup>

# BOOSTED MCT COOKING OIL <sup>TM/MC</sup>

- ▲ Handles higher heat than regular MCT oil
- ▲ Dairy/cholesterol-free alternative to butter
- ▲ High-performance brain & muscle fuel
- ▲ 100% pure MCTs (medium-chain triglycerides)
- ▲ Isolated from non-GMO coconut oil
- ▲ Keto, low-carb & paleo diet perfect



**MCTs are rapidly broken down and absorbed**, then transported into the mitochondria to be readily used as fuel. 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. 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 Boosted MCT Cooking Oil can be used for low to moderate heat cooking (under 180°C). Also great for dressings, sauces, shakes and coffee.



NON-GMO



NATURAL



VEGAN

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

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THE WAY IT SHOULD BE

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### BOOSTED SMOOTHIE

1/2 frozen banana

1/2 cup frozen pineapple

1 scoop North Coast Naturals -French Vanilla Boosted Bovine Collagen

1 tbsp Boosted MCT Cooking Oil

Blend all ingredients until smooth. Enjoy!

### Why MCT Cooking Oil?

MCT Cooking Oil is specially made to handle higher heat than regular MCT oil; a great dairy-free and cholesterol-free alternative to butter and a liquid alternative to regular coconut oil. It has a neutral flavour making it easy to incorporate into ones diet. Use for cooking or frying under 180°C/350°F. Also great for dressings, sauces, shakes, and coffee! Made from 100% pure non-GMO coconuts. Naturally grown and sustainably farmed without herbicides or pesticides.

### MCT Health Benefits

- ▲ Antimicrobial
- ▲ Enhances exercise performance
- ▲ Increases energy
- ▲ Weight loss
- ▲ Fat malabsorption
- ▲ Mitochondrial support

### Why Use North Coast Naturals MCT Cooking 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 MCTs in Canada
- ▲ Made only from 100% pure non-GMO coconuts. Naturally grown and sustainably farmed without pesticides; hexane-free and non-hydrogenated.

## Nutrition Facts Valeur nutritive

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

**Calories 120** % Daily Value\*  
% valeur quotidienne\*

**Fat (93% MCTs\*) / Lipides (93% 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: Specially fractionated coconut oil (93% MCTs\*)-patent pending.

### TYPICAL MCT PROFILE

C8 - Caprylic acid (6.5g) .....50 %\*  
C10 - Capric acid (3.25g) .....25 %\*  
C12 - Lauric acid (3.25g) .....25 %\*

\*Values are approximate. Subject to normal variation.

**Suggested use:** Use for cooking or frying under 180°C/350 F. Also great for dressings, sauces, shakes, and coffee!

Store in a cool, dark place. No refrigeration required.



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