

ALL NEW!
PLANT-BASED ESSENTIALS

KETO
FRIENDLY

**NORTH
COAST
NATURALS™**

BOOSTED MCT COOKING OIL™

- ▲ 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-GMO¹



NATURAL²



VEGAN³

¹Contains no genetically engineered plant ingredients. ²Contains no synthetic colors, flavors or sweeteners. ³Contains no animal or animal-derived ingredients.

191230-0915



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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 flavor 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 of MCTs in Canada
- ▲ Made from only 100% pure non-GMO coconuts. Naturally grown and sustainably farmed without pesticides; hexane-free and non-hydrogenated.

Nutrition Facts

32 servings per container
Serving size 1 tbsp (1/2 fl oz)

Amount per serving	
Calories 120	
% Daily Value*	
Total Fat 14 g	18%
Saturated Fat 14 g	70%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 0 g	0%
Protein 0 g	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Not a significant source of dietary fiber, sugars, vitamin D, calcium, iron or potassium.

Ingredients: Fractionated Coconut Oil (Medium Chain Triglycerides) (93% MCTs).

Contains: Tree nut (coconut).

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

TYPICAL MCT PROFILE

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

*Values are approximate. Subject to normal variation.



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