

MCT OIL

MEDIUM-CHAIN TRIGLYCERIDES

Fractionated Coconut Oil

Country of Origin: Indonesia

Source: Non-GMO Verified Coconuts

MCT Oil (Medium-Chain Triglycerides) is a clean, rapidly absorbed fuel derived from 100% organic coconut oil. Composed primarily of caprylic (C8) and capric (C10) fatty acids, this fractionated coconut oil bypasses slower digestive pathways and is readily converted into usable energy. Flavorless, odorless, and liquid at room temperature, MCT oil supports metabolic efficiency, ketone production, sustained mental clarity, and clean energy - while remaining stable enough for both internal and topical use.

FUNCTIONAL CONSTITUENTS

Caprylic Acid (C8) The primary medium-chain triglycerides in MCT Oil are rapidly absorbed fats that are efficiently converted into usable energy. C8 is especially associated with ketone production and sustained mental clarity, while C10 contributes to steady energy support and digestive ease, creating a balanced, clean-burning fuel profile.

Clinical Studies: <https://pmc.ncbi.nlm.nih.gov/articles/PMC9579472/>
<https://pubmed.ncbi.nlm.nih.gov/32365746/>
<https://clinicaltrials.gov/study/NCT03460444>
<https://pmc.ncbi.nlm.nih.gov/articles/PMC2874190/>

WHAT TO LOOK FOR VS. WHAT TO AVOID

These signs reflect quality and proper processing:

- Derived from organic coconut oil*
- Non-GMO verified source*
- Concentrated in C8 & C10 MCTs*
- Clear and colorless appearance*
- Flavorless and odorless*
- Free from fillers or added oils*

These may indicate lower-grade or blended oils:

- Mixed with long-chain triglycerides*
- Whole coconut oil (not fractionated)*
- Cloudy or off-color appearance*
- Noticeable taste or odor*
- Added flavors or sweeteners*
- Unspecified fatty acid profile*



HOW WE SOURCE

Our MCT Oil is derived from 100% organic, Non-GMO verified coconuts grown in Indonesia, where coconuts are traditionally cultivated. The oil is gently fractionated to concentrate caprylic (C8) and capric (C10) fatty acids without harsh solvents, resulting in a clean, stable, flavorless oil suitable for internal and topical applications.

OUR MCT OIL IS:

- ✓ 100% derived from organic coconut oil
- ✓ Non-GMO verified
- ✓ Concentrated in C8 (caprylic) & C10 (capric) MCTs
- ✓ Liquid at room temperature
- ✓ Suitable for internal and topical use

MCT oil is valued for its purity and efficiency. We do not blend it with lower-grade fats or unnecessary ingredients. Its clarity, neutrality, and stability reflect careful fractionation and clean sourcing from coconut oil.

WHAT IT SUPPORTS

- Rapid, clean energy production*
- Ketone generation for mental clarity*
- Metabolic efficiency and fat utilization*
- Sustained fuel without sugar spikes*
- Digestive ease and quick absorption*
- Energy support for low-carb lifestyles*

Why MCT Composition Matters

Not all MCT oils are created equal. The metabolic impact of MCT oil depends on the specific fatty acids present — and their concentration.

1. C8 Converts Most Efficiently to Ketones

Caprylic acid (C8) is rapidly transported to the liver and readily converted into ketones, making it especially valued for supporting mental clarity and efficient metabolic fuel production.

2. C10 Provides Balanced Fuel

Capric acid (C10) contributes to sustained energy support and complements C8, creating a more balanced fuel profile.

3. Long-Chain Fats Slow the Process

Some products labeled “MCT” contain higher amounts of longer-chain triglycerides, which digest more slowly and do not provide the same rapid energy utilization.

4. Purity Affects Performance

Clean fractionation without fillers, sweeteners, or unnecessary additives ensures the oil performs as intended — both internally and topically

MCT oil is not simply “coconut oil made liquid.” Its effectiveness depends on fatty acid structure, concentration, and purity.

USAGE SUGGESTIONS

ADULTS

- Take 1/4 teaspoon daily.*
- May be added to coffee, tea, smoothies, or food.*
- Increase only as desired and well tolerated.*
- For topical use, apply to skin as needed.*

CHILDREN

- Use 1/8 teaspoon daily with food.*

6 & UP

- Adjust based on tolerance.*
- For topical use, apply sparingly as needed.*

Our food-grade, 100% pure MCT oil is carefully sourced from coconut and gently refined to preserve its natural medium-chain triglycerides. Naturally colorless, odorless, and neutral in taste, it supports quick, efficient energy and is easily absorbed by the body. Smooth and lightweight, it blends effortlessly into food and beverages and can also be used topically as a versatile carrier oil. Suitable for culinary use, skin care, scalp, hair, and massage.

Directions: For culinary and topical use. Add to food or beverages, or apply to skin as a carrier oil.

Supplement Facts

Serving Size: 1 dropper (¼ tsp)
Servings per container: 96

Amount per serving		10
Calories		
	Amount Per Serving	% Daily Value*
Total Fat	1g	1.5%
Saturated Fat	1g	6%
Organic Medium Chain Triglycerides (from Organic Coconut Oil)	1.08g	†
Caprylic Acid	.63g	†
Capric Acid	.42g	†

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.

†Daily Value not established.

Manufactured by Green Organics, LLC • Pure Plant Intelligence™
754 Cincinnati-Batavia Pike • Cincinnati, OH 45245
HBNaturals.com • goDesana.com
Packaged in the USA with thoughtfully curated global ingredients.
Best If Used By: 12 months from date of purchase.

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Ingredients: Organic MCT Oil from Non-GMO Verified Coconuts

Country of Origin: Indonesia

Allergens: Contains Tree Nuts (Coconut)

Cautions: For adults only. MCT Oil may cause GI upset. To reduce these effects, take with food. Consult physician if pregnant, nursing, taking medication, or have a medical condition. Keep out of reach of children.



Scan QR code for full product details.

MCT OIL IN THE STILLROOM

In the stillroom, MCT oil is kept not as a seasonal remedy, but as a daily staple. Derived from coconut and refined to its most usable form, it offers clean, efficient fuel without heaviness or added flavor.

It is chosen when steady energy and mental clarity are needed - stirred into coffee or tea, blended into smoothies, or used as a neutral base for topical preparations. Its value lies in simplicity: a stable, flavorless oil that supports both internal vitality and external use without complication.

CAUTIONS

Safety Group 2: Generally regarded as safe when used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester. Keep out of reach of children. A doctor's advice should be sought before using this and any supplemental dietary product.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

MORE WAYS TO USE MCT OIL

Bulletproof-Style Coffee. Add 1/4 teaspoon MCT Oil to 8–12 oz of hot coffee. Blend for 15–20 seconds until creamy and frothy. This creates a smooth, sustained-energy beverage without added sugar. MCT Oil pairs especially well with our Nova or Java Slim Coffees to create a clean, focused morning fuel.

Smoothies & Protein Shakes. Add 1/4 teaspoon to smoothies or shakes to support sustained energy and satiety without altering flavor or texture.

Keto & Low-Carb Cooking. Stir into salad dressings, drizzle over cooked vegetables, or blend into sauces after cooking. Not recommended for high-heat frying.

Pre-Workout Fuel. Take 1/4 teaspoon 20–30 minutes before activity to support rapid, usable energy.

Intermittent Fasting Support. Add to coffee or tea during fasting windows to help sustain mental clarity without carbohydrate intake.

Topical Carrier Oil. Apply directly to skin or use as a lightweight base for essential oil blends and massage preparations.



MANUFACTURED BY:
Green Organics, LLC
Heart & Body Naturals

support@hbnaturals.com
HBNaturals.com
Pure Plant Intelligence™

754 Cincinnati-Batavia Pike
Cincinnati, OH 45245
v022026: 2/2