

CODE 2199

V1



SUGGESTED USAGE: As a dietary supplement, take 1 tablespoon (15 mL) 1 to 3 times daily. MCT Oil can also be used as a substitute for conventional oils in salad dressings, sauces or cooking as a source of beneficial fatty acids. Not recommended for use in frying due to low boiling point. Consider taking this product in combination with NOW® CLA and Whey Protein Isolate.

Medium Chain Triglycerides (MCT's) are fats that are naturally found in coconut and palm kernel oil. MCT's are more easily and rapidly digested than other types of fats, as they require lower amounts of enzymes and bile acids for intestinal absorption. MCT's are metabolized very quickly in the liver and are reported to encourage an increase in energy expenditure, while decreasing fat storage. Numerous studies suggest that substituting MCT Oil for other fats in a healthy diet may therefore help to support healthy weight and body composition.*

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Storage Guidance: Store in a cool, dry and dark environment in a tightly sealed original container. After opening, product can be refrigerated or stored at cool room temperature.



MCT Oil

100% Pure

- Weight Management
- Thermogenic
- Spares Lean Body Tissue*

Net 32 fl. oz. (946 mL)



Supplement Facts

Serving Size 1 Tablespoon (15 mL)

Servings Per Container 63

	Amount Per Serving	% Daily Value
Calories	100	
Calories from Fat	100	
Total Fat	14 g	22%*
Saturated Fat	14 g	70%*
Trans Fat	0 g	†
Polyunsaturated Fat	0 g	†
Monounsaturated Fat	0 g	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Each 15 mL serving may typically provide the following naturally occurring fatty acids:

Caprylic Acid (C8:0)	7.8 g	†
Capric Acid (C10:0)	6.2 g	†

Ingredient: 100% MCT Oil.

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

NOW® MCT Oil is Pharmaceutical Grade (USP).

Vegetarian/Vegan Product.

Please Recycle.

Manufactured by NOW FOODS

BLOOMINGDALE, IL 60108

Made in the U.S.A.

www.nowfoods.com

A Dietary Supplement Vegetarian Product