

SUGGESTED USAGE: As a dietary supplement, take 1 tablespoon (15 mL) 1 to 3 times daily, or as directed by your healthcare practitioner.

HOW IT WORKS: MCTs (Medium-Chain Triglycerides) are fats that are metabolized differently than most dietary fats. Unlike longer chain triglycerides, MCTs require little or no enzymatic breakdown and are easily absorbed across the wall of the small intestine and delivered straight to the liver where they can be used directly for energy production (instead of being stored as fat).^{*} In essence, they act similar to carbohydrates, but without the requirement of insulin and with no affect on blood sugar. Studies have demonstrated that MCT Oil consumption along with a healthy diet can help to maintain a healthy body weight, while sparing lean tissue.^{*}

CAUTIONS/INTERACTIONS: If you are diabetic or if you have liver disease, please contact your healthcare practitioner prior to using this product. MCTs can cause gastrointestinal distress when used in high doses. Taking this product with food can reduce these effects. For more information on this product go to www.protocolforlife.com/P2197

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

PROTOCOL

FOR LIFE BALANCE™

100% Pure

MCT Oil

- Weight Management*
- Metabolic Support*

Net 16 fl. oz. (473 mL)

A Dietary Supplement Vegetarian/Vegan



Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings Per Container about 32

	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.

Ingredient: 100% MCT Oil.

MCT Oil from glycerin and coconut/palm kernel oil.

Distributed by Protocol For Life Balance™
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

Formulated by doctors and clinical scientists exclusively for licensed healthcare practitioners.

Pharmaceutical Grade MCT Oil. Please Recycle.
Not manufactured with yeast, wheat, gluten, milk, egg, fish or shell-fish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

MCT Oil has naturally occurring fatty acids Caprylic Acid (C8:0) and Capric Acid (C10:0).



**CODE
P2197
V1**