

Directions: Take 1 tablespoon two to four times daily or as directed by your healthcare practitioner.

Medium-chain triglycerides (MCTs) are a special type of fatty acids which are metabolized more fully for energy in the body. Normal fats and oils contain long-chain fatty acids (LCTs). When compared to these fatty acids, MCTs are much shorter in length thus resembling carbohydrates more than fat. As a result, they are more quickly absorbed by the body and metabolized as fuel.* Because of this quick metabolism, the calories in MCTs are very efficiently converted into fuel for immediate use in the mitochondria, instead of being stored as fat.*

MCTs have been shown to enhance thermogenesis (heat production) in the body, thereby promoting the burning of fat.* MCTs contain fewer calories than LCTs, are metabolized quicker and actually contribute to an enhanced metabolism to burn even more calories!*

MCT Oil USP™ can also be used as a substitute for conventional oils in salad dressings, sauces or cooking as a source of beneficial fatty acids. It is not recommended for use in frying due to its low boiling point.

MCT Oil USP™ may cause a mild laxative effect.

*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.

NuMedica®

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Absorbable Fuel for Mitochondria*

MCT Oil USP™

Medium Chain Triglycerides Contains Caprylic and Capric Acids

16 fl. oz.

Ⓢ gluten free

PROFESSIONAL USE ONLY | DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablespoon

Servings Per Container: 32

	Amount	%DV*
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	**
Typically providing:		
Caprylic Acid	8 g	**
Capric Acid	6 g	**

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

** Daily value not established.

Ingredients: 100% USP (United States Pharmacopeia) Verified MCT Oil (from coconut oil).

Free of: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Caution: Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.

Does not contain artificial colors, sweeteners or preservatives.

🌱 Suitable for Vegetarians

