

Swanson ULTRA®

The Most Advanced Nutrition Technology

LIQUID

100% Pure
MCT Oil
Pharmaceutical Grade
Medium-Chain
Triglycerides

Dietary Supplement

From Coconut &
Red Palm Kernel Oil



16 fl oz (1pt) (473 ml)

Supplement Facts

Serving Size 1 Tablespoon (15 ml)

Servings Per Container 31

Amount Per Serving	% Daily Value	
Calories	130	
Total Fat	14 g	18%†
Saturated Fat	14 g	70%†
Medium-Chain Triglycerides	14 g	*
(from coconut or red palm kernel oil)		
Typically providing minimum:		
Caprylic Acid 65%		*
Capric Acid 23%		*

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

*Daily Value not established.

SUGGESTED USE: As a dietary supplement, take one tablespoon (15 ml) one to three times per day. May be taken alone or mixed with foods such as yogurt, cottage cheese, salad dressing or sauces. Not recommended for use in frying.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE **1-800-437-4148**

or visit our website at www.swansonvitamins.com

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