

HOW TO USE:



Drop
into
coffee
or tea



Swallow
with
water



WHEN TO USE:



Before, during or after workouts.*



Anytime you need high quality fat.*



When on the road or traveling.

Suggested Use: MCT Oil may cause mild digestive discomfort. Introduce slowly into your diet. Start by using 1 softgel and gradually increase over several days to 3 softgels per serving to avoid an upset stomach.

Store at room temperature.
Avoid excessive heat and humidity.

KEEP OUT OF REACH OF CHILDREN.
Consult your physician or healthcare provider before
using this product or any other dietary supplement.

Scan

To Join The
Kiss My Keto
VIP Club



MCT SOFTGELS

fat
3g

protein
0g

carbs
0g

per
serving

MCT OIL

1,000mg - 300 softgels

Dietary Supplement

Nutrition Facts

Serving Size: 3 softgels
Servings Per Container: 100

	Amount Per Serving	% DV*
Calories	25	
Calories From Fat	25	
Total Fat	3g	5%*
Saturated Fat	3g	15%*
MCT OIL	3g (3000mg)	†

*Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Non-GMO MCT Oil (derived from organic coconuts), Softgel Capsule (gelatin, glycerin, water).

CONTAINS: Tree nuts (derived from coconuts).

**MCT
BREAKDOWN:**

C8 55% | C10 45%

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*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.