

MCT Powder

Helps to Increase Ketone Production^{†*}
Featuring MCT Oil Concentrated to 90% C8 + C10

PRACTITIONER EXCLUSIVE

Gluten-Free

Dietary Supplement
NET WT. 1 lb 10.45 oz (26.45 oz) (750 g)

Non-GMO

Supplement Facts

Serving Size 1 Heaping Tablespoon (15 g)		
Servings Per Container 50		
	Amount Per Serving	% Daily Value
Calories	100	
Calories from Fat	90	
Total Fat	10 g	15%*
Saturated Fat	10 g	50%*
Total Carbohydrate	2 g	<1%*
Sugars	2 g	**
Protein	1 g	
Sodium	88 mg	4%
Medium-Chain Triglycerides (containing 90% caprylic+ capric acid triglycerides)	10 g	**
*Percent Daily Values are based on a 2,000 calorie diet.		
**Daily Value not established.		

Ingredients: Medium-chain triglycerides, nonfat dry milk (milk), disodium phosphate, silica. **Contains: Milk.**

Directions: Take 1 heaping tablespoon (15 g) of MCT Powder 2-3 times per day or as recommended by your healthcare practitioner. Please note that this product does not come with a tablespoon measuring scoop.

This product is non-GMO and gluten-free.

Warning: Not to be taken if pregnant or nursing. Keep out of the reach of children.

Tamper Evident: Do not use if package is torn or open.

Storage: Keep closed in a cool, dry place.



Metagenics MCT Powder features MCT oil concentrated to 90% caprylic (C8) and capric (C10) acid triglycerides. Emerging science suggests that medium-chain triglycerides (MCT) may benefit the body in numerous ways. MCT may help support cognitive health and certain cognitive processes, and pre-clinical research suggests that MCT may benefit mitochondrial function. MCT supplementation temporarily increases levels of ketones, which may serve as an alternative energy source in the brain and in muscle. Supplementing with MCT at multiple meals during the day may aid reductions in body weight and body fat, especially in those with an increased body-mass index (BMI).^{††} MCT may also help to temporarily increase satiety and reduce food intake, and may temporarily enhance fat oxidation as compared to common long-chain fats.*

MCT Powder provides the benefits of MCT in a convenient powdered form. As a dietary supplement, MCT powder can be added to hot or cold beverages, or mixed in baking recipes for ease of use.

[†]Medium-chain triglyceride supplementation may temporarily increase ketone production compared to common long-chain fats.

^{††}Use as part of a program of diet and exercise.