

Directions: Take one tablespoon 1-2 times per day 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™ 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.

*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.

Caution: May cause a mild laxative effect. Keep out of reach of children.

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

This Formula Meets or Exceeds cGMP Quality Standards.

Does Not Contain: Milk, eggs, fish, shellfish, peanuts, wheat, soy, artificial colors, sweeteners or preservatives.



PROFESSIONAL QUALITY FORMULAS

MCT Oil USP™

**Medium-Chain Triglycerides
Contains Caprylic and Capric Acids**

16 fl oz (473 mL)

DIETARY SUPPLEMENT



**Absorbable Fuel
for Mitochondria***

Supplement Facts

Serving Size 1 Tablespoon

Servings Per Container 32

Amount Per Serving	% Daily Value	
Calories	100	
Calories from Fat	100	
Total Fat	14 g	22%†
Saturated Fat	14 g	70%†
Medium-Chain Triglycerides (MCT)†	14 g	**
(from coconut oil) (55% C8 Caprylic Acid; 35% C10 Capric Acid)		

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

**Daily value not established.

Contains: Tree nuts (coconut).

Manufactured for: **NuMedica® LLC**

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‡100% USP (United States Pharmacopela) Compliant

GF Gluten-Free

Vegetarian

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