



Carlson

MCT Oil

Medium-Chain Triglycerides
1,000 mg (1 g)

DIETARY SUPPLEMENT

✓ Energy Production* ✓ Fat Metabolism* ✓ Optimal Wellness*

120 Soft Gels

Carlson. Providing the highest quality nutritional supplements since 1965

Supplement Facts

Serving Size 1 Soft Gel
Servings Per Container 120

Amount Per Serving		% DV
Calories	10	
Total Fat	1 g	1%**
Saturated Fat	1 g	5%
Total Carbohydrate	0 g	0%**
Total Sugars	0 g	
Includes 0 g Added Sugars		0%**
Medium Chain Triglyceride Oil	1,000 mg (1g) †	
(NLT 90% Caprylic Acid and Capric Acid)		

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

† Daily Value (DV) not established.

Other Ingredients: Soft gel shell (beef gelatin, glycerin, water).

Directions: Adults: take one soft gel up to five times daily **at mealtime.**

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Medium-chain triglycerides (MCTs) are healthy fatty acids naturally found in coconut and palm oils. They support natural energy production and are one of the cleanest fuel sources for our body.* **MCT Oil** provides naturally occurring caprylic and capric fatty acids.

✓ **Gluten-free** ✓ **Sugar-free**
✓ **No Artificial Preservatives**

POTENCY & QUALITY GUARANTEED

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