



Carlson

MCT Oil

14,000 mg (14 g) From Coconut

DIETARY SUPPLEMENT

✓ Energy Production* ✓ Fat Metabolism* ✓ Brain Health*

33.8 fl oz (1 qt 1.8 fl oz) 1,000 mL (1 L)

Carlson Providing the highest quality nutritional supplements since 1965

Supplement Facts

Serving Size 1 Tablespoon (15 mL)

Servings Per Container about 66

	Amount Per Serving	% DV
Calories	130	
Total Fat	14 g	18%**
Saturated Fat	14 g	70%**
Total Carbohydrate	0 g	0%**
Total Sugars	0 g	†
Includes 0 g Added Sugars		0%**
Medium Chain Triglyceride Oil (from Coconut)	14 g	†
Providing Minimum:		
Caprylic Acid	7.8 g	
Capric Acid	4.9 g	

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

† Daily Value (DV) not established.

Contains tree nuts (Coconut).

Directions: Adults: take one tablespoonful daily at mealtime.

Do not use in foam (polystyrene) cups, as they may disintegrate.

Medium-Chain Triglycerides (MCTs) are naturally found in coconut oil. Unlike other fats, which travel through our lymphatic system, MCTs are transported directly to the liver, where they're immediately processed. Since MCTs are easily digested, absorbed, and metabolized, they promote energy production, efficiently fueling our body.* MCT Oil also supports fat metabolism and brain health.*

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

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

POTENCY & QUALITY GUARANTEED

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