



Carlson

MCT & Omega-3

with Coconut Oil

DIETARY SUPPLEMENT

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

60 Soft Gels

Supplement Facts

Serving Size 2 Soft Gels
Servings Per Container 30

	Amount Per Serving	% DV
Calories	25	
Total Fat	2.5 g	3%**
Saturated Fat	1 g	6%**
Protein	<1 g	
Norwegian Fish Oil	1.2 g	†
EPA (Eicosapentaenoic Acid)*	360 mg	†
DHA (Docosahexaenoic Acid)*	240 mg	†
Medium Chain Triglyceride Oil (from Palm or Coconut) and Coconut Oil Blend	1.2 g	†
<u>Providing Minimum:</u>		
Caprylic Acid	330 mg	
Capric Acid	240 mg	
Lauric Acid	240 mg	

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

† Daily Value (DV) not established. * Reported as triglycerides.

Other Ingredients: Soft gel shell (beef gelatin, glycerin, water), non-GMO mixed tocopherols. Contains fish (anchovy, sardine, mackerel) and coconut.

Directions: Adults: take two soft gels up to two times daily at mealtime. May appear cloudy below room temperature.

Get two of the most important healthy oils in a single supplement. **MCT & Omega-3** provides medium-chain triglycerides (MCTs), organic virgin coconut oil, and omega-3s from fish oil. MCT & Omega-3 promotes energy production and supports heart, brain, vision, and joint health.*

✓ No Artificial Preservatives ✓ Gluten-free

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

PURITY GUARANTEED

This product is regularly tested by independent FDA registered laboratories. It has been determined to be fresh and fully potent (per AOCS international protocols) and is free of detrimental levels of mercury, cadmium, lead, PCBs and 28 other contaminants.

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