

Medium Chain Triglycerides (MCTs) are fats that are absorbed directly into the liver after ingestion. MCTs direct absorption into the liver allows them to be metabolized (burned) quickly, thereby reducing their tendency to be stored as body fat.

One of the most important characteristics of MCTs is their ability to produce ketones in the liver. Ketones are super fuels with a host of cognitive, sports performance, and other health benefits.

Of the three major fatty acids that comprise MCTs, caprylic acid (C8) is burned most efficiently and produces optimal ketone levels after ingestion. Keto8 contains MCT oil that has been highly refined to boost C8 levels above 90%, making it some of the most effective MCT oil available. Keto8 is best taken with food or used as a replacement for less healthy fats. Due to its low smoking point, we do not recommend this product be used in cooking.

Warning: For adults only. MCT Oil may cause GI upset. To reduce these effects, take with food. Consult your physician if pregnant/nursing, taking medication, or have a medical condition. **Keep out of reach of children.**

Storage: Store in a cool, dry and dark environment in a tightly sealed original container.

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.



Keto8

Caprylic Acid (C8) Enriched MCT Oil

12 fl oz (355ml)
Dietary Supplement

803-001-0615

Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings Per Container 25

Amount per Serving

Calories 100 Calories from Fat 100

		%DV
Total Fat	14g	22%
Saturated Fat	14g	70%
Trans Fat	0g	*
Polyunsaturated Fat	0g	*
Monounsaturated Fat	0g	0%

***Daily Value not established**

Ingredients: Glyceryl Tricaprylate
from Palm Kernel (Caprylic Acid Triglyceride)

Directions: As a dietary supplement, take 1 to 2 tablespoon(s) 1 to 3 times daily, preferably with meals.

www.ketosports.com

Distributed by: KetoSports
PO Box 17036 Urbana, IL 61803 USA

