

Suggested Use:

Begin by using 1 (one) teaspoon (7.5 ml) per day or as directed by your healthcare professional. Once your body becomes comfortable with this MCT oil, you can increase to 1 tablespoon (15ml) or more per day. Excessive consumption may cause digestive upset, so always introduce MCT oil slowly into your diet.

Dr. Berg's MCT Oil is made from fresh, non-GMO coconuts. The oil is extracted and turned into capric and caprylic acid. These two keto-friendly fats can provide energy for your body and brain. This is great for adapting to a ketogenic diet plan as well as to provide extra energy for exercise and/or daily activities.

Flavorless and odorless, Dr. Berg's MCT Oil is excellent for keto diets, recipes and as an additive to your coffee or shakes.

(†) 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.

DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE WITH A LID. KEEP OUT OF REACH OF CHILDREN.

Developed and distributed by Dr. Eric Berg DC

To reorder:

www.DrBerg.com (800-816-8184)

Dr. Berg Nutritionals:

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Alexandria, VA 22302



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MEDIUM CHAIN TRIGLYCERIDES

MCT OIL

BRAIN & BODY FUEL[®]

**Supports Energy and
Cognitive Function**



DIETARY SUPPLEMENT

NET WT. 16 OZ / 1 PT (473 ml)

Supplement Facts

Serving Size: 1 Tbsp (Aprox 15 mL)

Servings Per Container: 32 servings

	Amount Per Serving	% Daily Value*
Calories (kCal)	126	
Total Fat (g)	14	22%
Saturated Fat (g)	14	70%
Trans Fat (g)	0	
Total Sugars (g)	0	
Carbohydrates (g)	0	
Caprylic Acids Triglycerides	14 g	†

OTHER INGREDIENTS:

Caprylic acid triglycerides from highly refined coconut oil.

* Percent Daily Value is based on a 2000 calorie diet.

Your daily values may be higher or lower depending on your caloric needs.

† Daily Value not established

Very stable. No refrigeration necessary. Safety-sealed for your protection. Contains no palm oil. Made entirely from coconuts.

Avoid using in Styrofoam containers.

This product is packaged in a non-BPA bottle.

Dr. Berg Nutritionals