

Brain+Body **FUEL**

MCT Oil

FROM COCONUT

Caprylic & Capric Acids

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

Keto

Non-GMO

Vegetarian

DIETARY SUPPLEMENT

15 — 15 mL Liquid Packets
7.6 fl oz (225 mL)

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



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

Power up your exercise performance with **MCT Oil**. MCT Oil is composed of highly concentrated medium-chain triglycerides, sourced from coconut and rich in caprylic and capric acids. MCTs are rapidly digested, metabolized, and absorbed, promoting natural, sustained energy. MCT Oil single-serving packets are convenient for on-the-go use. Take it directly from the packet or blend it into coffee, smoothies, or shakes.

Supplement Facts

Serving Size 1 Packet (15 mL)
Servings Per Container 15

	Amount Per Serving	% DV
Calories	130	
Total Fat	14 g	18%**
Saturated Fat	14 g	70%**
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 packet daily **at mealtime.**

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

PURITY GUARANTEED

Packaged in Norway by Carlson Healthy Oils

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